



# Herndon

## PROGRAMS AND EVENTS GUIDE

COUNT ON US! Our Guide Has Programs For Every Age And Every Interest.

### Winter 2014-15



[herndon-va.gov](http://herndon-va.gov)

Registration Dates  
Town Resident December 3  
Non-Town Resident December 9  
703-787-7300

# HOURS & FEES



## Hours & Contact Information

### Herndon Community Center Hours

Monday-Friday .....6am-9:30pm  
 Saturday & Sunday .....7am-6pm  
*No admittance after 9:30pm*  
*The building closes at 10pm*

### Holiday Hours

Christmas Eve,  
 December 24.....6am-4pm  
 Christmas,  
 December 25.....Closed  
 New Year's Eve,  
 December 31.....6am-5pm  
 New Year's Day,  
 January 1.....Closed

### Parks & Recreation Office Hours

Monday-Friday .....8:30am-5:30pm  
 Office Closed –  
 December 24: Offices close at 12pm  
 December 25, January 1, 19, February 16

### Address

Herndon Community Center  
 814 Ferndale Avenue, Herndon, VA 20170

### Phone

703-787-7300 Fax 703-318-8652  
 Hearing Impaired Relay  
 1-800-828-1120 TDD

### Website

[herndon-va.gov](http://herndon-va.gov)

### Follow Us

-  Herndon Parks and Recreation Department
-  @herndonparks
-  Herndon Parks and Recreation Department

Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

## Admissions and Passes

TOH = Town of Herndon resident rate and requires ID with address for every transaction  
 NR = Non-resident rate

All admissions and passes are nonrefundable.

| Daily                                      | TOH/NR        |
|--|---------------|
| Adults .....                               | \$6.50/\$7.50 |
| Seniors .....                              | \$5.25/\$6.25 |
| Youth .....                                | \$5.25/\$5.50 |
| Family .....                               | \$18/\$22.50  |
| (Up to 5 family members, 2 adults maximum) |               |

| 10-Admission Pass  | TOH/NR    |
|--------------------|-----------|
| Adults .....       | \$58/\$69 |
| Youth/Senior ..... | \$46/\$52 |

| 25-Admission Pass | TOH/NR           |
|-------------------|------------------|
| Adults .....      | \$130/\$160      |
| Seniors .....     | \$98.50/\$140.50 |
| Youth .....       | \$96.25/\$103.25 |

| Monthly 30-Day Pass              | TOH/NR          |
|----------------------------------|-----------------|
| Adult .....                      | \$52.50/\$70.25 |
| Adult 2-Person* .....            | \$82/\$109.25   |
| Youth Single .....               | \$47.25/\$50    |
| Senior Single .....              | \$36.75/\$62    |
| Senior 2-Person* .....           | \$57.50/\$96.25 |
| Senior 2-Person* Sr/Non Sr ..... | \$70/\$100      |
| Dependent Youth** .....          | \$13.50/\$18    |

| 6-Month Pass <sup>(1)</sup>      | TOH/NR            |
|----------------------------------|-------------------|
| Adult .....                      | \$261.75/\$349    |
| Adult 2-Person* .....            | \$411/\$548       |
| Youth Single .....               | \$215/\$307       |
| Senior Single .....              | \$215/\$307       |
| Senior 2-Person* .....           | \$338/\$481.50    |
| Senior 2-Person* Sr/Non Sr ..... | \$350.25/\$500.50 |
| Dependent Youth** .....          | \$65/\$86.50      |

| Annual Pass <sup>(1,2)</sup>     | TOH/NR            |
|----------------------------------|-------------------|
| Adult .....                      | \$470.25/\$627    |
| Adult 2-Person* .....            | \$739/\$985.25    |
| Youth Single .....               | \$329.25/\$551.75 |
| Senior Single .....              | \$329.25/\$551.75 |
| Senior 2-Person* .....           | \$517.25/\$866.75 |
| Senior 2-Person* Sr/Non Sr ..... | \$630/\$900       |
| Dependent Youth** .....          | \$116.75/\$155.75 |

\* Both adults must reside in the same household and have ID to purchase a 2-person pass.

\*\* Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

## Community Center Information

### Discount Pass and Daily Admission Fee

The discount pass and daily admission fee for the facility includes:

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to any regularly scheduled land aerobics class (see class schedule on page 13)

### Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

### Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to the one free training session.

All daily admissions and passes are nonrefundable.

### Age Categories:

|             |                     |
|-------------|---------------------|
| Youth       | 17 & under          |
| Adult       | 18 & older          |
| Seniors     | 65 & older          |
| Children    | Admitted free       |
| under age 2 | with a paying adult |

### Pool Use:

|           |                     |
|-----------|---------------------|
| Children  | must be accompanied |
| 8 & under | by an adult         |

### Gymnasium Use:

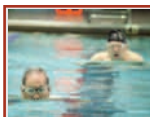
|                |  |
|----------------|--|
| Youth          | must be 12 & older                             |
| Youth Open Gym | weekends only                                  |
|                | age 8-11 must be accompanied by a paying adult |

### Fitness Room Use:

|                  |   |
|------------------|---|
| Youth Fitness ID | age 12-15 must earn YFP                     |
|                  | age 12 & 13 must be accompanied by an adult |

### Locker Room Use:

|                     |  |
|---------------------|--|
| Children            | permitted in locker room   |
| 5 & under           | of opposite sex  |
| Family Locker Rooms | for parents with children over the age of 5, located in guard office |



### Special Admissions

\$5 Fridays, 12-9:30pm all ages  
 \$2 Tuesdays, Seniors 65+ all day



A Nationally Accredited Agency  
 Since 2006  
 "Herndon is Meeting and Exceeding National Standards in P & R Administration"



# GENERAL INFORMATION

## Racquetball, Badminton, Table Tennis & Wallyball

### Prime Time Hours

Monday-Friday, 4-10pm, Saturday and Sunday, 7am-2pm.

*Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.*

### Prime Time

\$4 per hour + racquetball and badminton admission fee per player.  
\$3.50 per session wallyball.

### Non-Prime Time

\$2 per hour + racquetball and badminton admission fee per player.  
\$2 per session wallyball.

### Registration Dates

- Registration for all Town of Herndon residents will open at 10am on Wednesday, December 3.
- Registration for all non-Town of Herndon residents will open at 10am on Tuesday, December 9.

Starting on these dates, you will be able to register online, or in person ONLY for the Winter 2014-15 registration.

Please see "Registration Information" on pages 30 and 31 for more information.

## Department Sponsors

Thank you to the following companies for supporting our department programs and events.

### A special thanks to:

**Silver:** Passanante's Home Food Services

**Bronze:** Gutter Helmet Systems

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at 703-435-6800 x2104.

## Winter Pass Sale

**15%** off a 30-day pass  
Save by the year,  
**10%** off annual or  
6-month pass  
(does not apply to renewals)  
*Expires March 6*

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## Pool Closures

December 5, 12 and January 9, 16, 23 close at 6pm for High School Swim meets;  
Every Tuesday-Thursday, November 11-January 29, 3:00-4:30pm  
for Herndon HS Swim Team Practice

## Inclement Weather Policy

Please call the HCC Weather Line for program/class cancellations at **703-435-6866**. All classes and programs starting before 3pm are cancelled when Fairfax County schools close for the day due to inclement weather. For classes starting at 3pm or later, a decision will be made by 1pm that day. When Fairfax County schools have a delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes being held, call the Parks and Recreation Inclement Weather Line.



## Preschool Open House

**2015-2016 School Year**  
**Thursday, February 12, 2015**  
**6:30-8:30pm (inclement weather date February 18)**

Registration begins on Thursday, February 19 at 2pm (priority is given to TOH residents) for the 2015-2016 school year. The Herndon Community Center Preschool is a state-licensed program, which is designed to stimulate your child's mind and development. Professional staff will provide a nurturing environment for ages 3-5. Registration is on a first-come, first-served basis. Children must be potty-trained and the use of disposable undergarments is not permitted. Our goal is to foster independence in a school setting. The teacher-child ratio is 3 to 20. The 4-5-year-old class emphasis is placed on the skills needed to enter kindergarten.

### Age 3-4

**Tuesday, Thursday**  
**9am-12pm**  
(Must be 3 by September 30, 2015)  
**Tu/Th TOH \$1,267/NR \$1,635**

### Age 4-5

**Monday, Wednesday, Friday**  
**9am-12pm**  
(Must be 4 by September 30, 2015)  
**M/W/F TOH \$1,484/NR \$1,950**

A \$75 nonrefundable deposit, and child's birth certificate or passport are due at time of registration. Fees are payable on an established payment plan.

# AQUATICS



## Class Information

### Aquatics Classes Makeup Policy

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

### "Design a Class!"

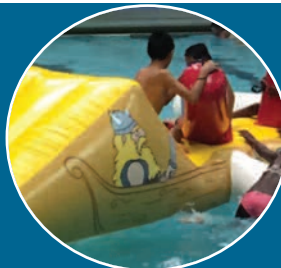
Have you been unable to be placed in a swim class of your choice? Do you and your friends have free time during week-day afternoons from 12-3pm? Then it's time to "Design a Class!" Three to five swimmers are needed to schedule a group lesson on the day that fits your schedule. For more information, contact Kerstin Severin at 703-435-6800 x2128.

The pool is open only to lap swimmers age 13 and up and scheduled swim lessons on Saturdays and Sundays until noon.

**We strongly recommend no food to be eaten 1 hour or less before participating in any swimming class in order to prevent accidents that disrupt everyone's pool time.**

**Make a  
Splash with  
our new  
Viking ship**

Saturday and  
Sunday,  
1-4pm  
General  
Admission Fee



A detailed listing of swimming class requirements may be found at [Herndon-va.gov/Content/Parks\\_rec/Aquatics](http://Herndon-va.gov/Content/Parks_rec/Aquatics). Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Swim evaluations are available at no charge if you are unsure of which class is appropriate for your child. Contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule a free evaluation.

### Preschool Aquatics

ATTENTION: Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

**Baby and Me** Age 6 months-2 years  
Parent and baby are in the pool working with an instructor to develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.  
8, 25 minute sessions TOH \$67/NR \$83  
**January 3-February 21**  
301100.60 Sa 9:30-9:55am  
**January 5-February 23**  
301100.10 M 10:30-10:55am  
**January 7-February 25**  
301100.30 W 10:30-10:55am

**Toddler and Me** Age 18 months-3 years  
Have special swim time with your toddler and instructor to develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

8, 25 minute sessions TOH \$67/NR \$83  
**January 3-February 21**  
301200.60 Sa 10-10:25am  
301200.61 Sa 10:30-10:55am  
**January 5-February 23**  
301200.10 M 10-10:25am  
**January 7-February 25**  
301200.30 W 10-10:25am



**Preschooler and Me** Age 3-5  
Parents and preschoolers work with an instructor to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking.  
8, 25 minute sessions TOH \$67/NR \$83  
**January 3-February 21**  
301300.60 Sa 9-9:25am

### Float Night

Our new float will be out to play the third Friday of each month from 6pm until closing, except December and January (high school swim season). Play on the new float and bring your own floats and toys and have fun with the whole family.



# AQUATICS

## Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. Here is an excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. *Child's first instructional swim class without parent*

8, 25 minute sessions TOH \$67/NR \$83

### January 3-February 21

|           |    |               |
|-----------|----|---------------|
| 302100.60 | Sa | 8:30-8:55am   |
| 302100.61 | Sa | 9:30-9:55am   |
| 302100.62 | Sa | 11:30-11:55am |

### January 4-February 22

|           |    |            |
|-----------|----|------------|
| 302100.70 | Su | 10-10:25am |
|-----------|----|------------|

### January 5-28

|           |     |             |
|-----------|-----|-------------|
| 302100.11 | M/W | 6:30-6:55pm |
|-----------|-----|-------------|

### January 5-February 23

|           |   |             |
|-----------|---|-------------|
| 302100.10 | M | 9:30-9:55am |
| 302100.13 | M | 3-3:25pm    |

### January 6-29

|           |       |          |
|-----------|-------|----------|
| 302100.21 | Tu/Th | 7-7:25pm |
|-----------|-------|----------|

### January 6-February 24

|           |    |               |
|-----------|----|---------------|
| 302100.20 | Tu | 10:30-10:55am |
|-----------|----|---------------|

### January 7-February 25

|           |   |             |
|-----------|---|-------------|
| 302100.30 | W | 9:30-9:55am |
| 302100.31 | W | 1-1:25pm    |

### January 8-February 26

|           |    |               |
|-----------|----|---------------|
| 302100.40 | Th | 10:30-10:55am |
|-----------|----|---------------|

### January 9-February 27

|           |   |               |
|-----------|---|---------------|
| 302100.50 | F | 11:30-11:55am |
|-----------|---|---------------|

### February 2-25

|           |     |             |
|-----------|-----|-------------|
| 302100.12 | M/W | 6:30-6:55pm |
|-----------|-----|-------------|

### February 3-26

|           |       |          |
|-----------|-------|----------|
| 302100.22 | Tu/Th | 7-7:25pm |
|-----------|-------|----------|

## Preschooler 2 Age 3-5

Prior to the class, students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. *Previous water instruction required*

8, 25 minute sessions TOH \$67/NR \$83

### January 3-February 21

|           |    |            |
|-----------|----|------------|
| 302200.60 | Sa | 9-9:25am   |
| 302200.61 | Sa | 10-10:25am |

### January 4-February 22

|           |    |               |
|-----------|----|---------------|
| 302200.70 | Su | 10:30-10:55am |
|-----------|----|---------------|

### January 5-28

|           |     |          |
|-----------|-----|----------|
| 302200.11 | M/W | 7-7:25pm |
|-----------|-----|----------|

### January 5-February 23

|           |   |             |
|-----------|---|-------------|
| 302200.10 | M | 9-9:25am    |
| 302200.13 | M | 3:30-3:55pm |

### January 6-29

|           |       |             |
|-----------|-------|-------------|
| 302200.21 | Tu/Th | 6:30-6:55pm |
| 302200.23 | Tu/Th | 7:30-7:55pm |

### January 6-February 24

|           |    |            |
|-----------|----|------------|
| 302200.20 | Tu | 10-10:25am |
|-----------|----|------------|

### January 7-February 25

|           |   |             |
|-----------|---|-------------|
| 302200.30 | W | 9-9:25am    |
| 302200.31 | W | 1:30-1:55pm |

### January 8-February 26

|           |    |            |
|-----------|----|------------|
| 302200.40 | Th | 10-10:25am |
|-----------|----|------------|

### February 2-25

|           |     |          |
|-----------|-----|----------|
| 302200.12 | M/W | 7-7:25pm |
|-----------|-----|----------|

### February 3-26

|           |       |             |
|-----------|-------|-------------|
| 302200.22 | Tu/Th | 6:30-6:55pm |
| 302200.24 | Tu/Th | 7:30-7:55pm |



## Pool Closures

December 5, 12 and January 9, 16, 23 close at 6pm for High School Swim meets; Every Tuesday-Thursday, November 11-January 29, 3:00-4:30pm for Herndon HS Swim Team Practice



## Special Admissions

\$5 Fridays, 12-9:30pm all ages  
\$2 Tuesdays, Seniors 65+ all day

## Wacky Wednesday

Come join us in the pool for great fun and games for the younger crowd. The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using some areas of the pool.

Noon-3pm | \$5 parent/child | \$2 each additional child

## Town of Herndon Town Council

Lisa C. Merkel, Mayor  
Jennifer Baker, Vice Mayor  
David A. Kirby, Councilmember  
Steven Lee Mitchell, Councilmember  
Sheila A. Olem, Councilmember  
Jasbinder Singh, Councilmember  
Grace Han Wolf, Councilmember  
Arthur A. Anselene, Town Manager

## Parks & Recreation Department Staff

Cindy S. Roeder, Director  
Ann Marie Heiser, Deputy Director  
Nancy Burke, Administrative Assistant  
Lori Rowland, Office Assistant  
Maddie Mogin, Office Assistant  
Cynthia Hoftiezer, Projects Coordinator  
Abby Kimble, Marketing Specialist  
Kerstin Severin, Aquatic Services Manager  
Drew Kreutter, Pool Operations Manager  
Bruce Andersen, HAC Head Coach  
Kevin Breza, Aquatics Program Assistant  
Ron Tillman, Community Center Manager  
Andy Chevalier, Assistant Community Center Manager  
Suzanna Swalboski, Indoor Tennis Manager  
Julie Foechterle, Preschool Director

## Recreation Services Supervisors

Kimmie Alcorn, Special Interest, Arts & Crafts  
Tom Milenkevich, Fitness  
Holly Popple, Performing Arts & Community Events  
Thomas Schoenauer, Wellness, Sports & Community Events  
Dave Zakrzewski, Sports & Community Events

# AQUATICS



## Preschooler 3 Age 4-6

Prior to class, students should be able to demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction includes swimming in deep water and basic water safety rules.

8, 25 minute sessions TOH \$67/NR \$83

**January 3-February 21**  
302300.60 Sa 10:30-10:55am

**January 4-February 22**  
302300.70 Su 11-11:25am

**January 5-28**  
302300.11 M/W 5-5:25pm

**January 5-February 23**  
302300.10 M 11-11:25am

302300.13 M 3-3:25pm

**January 6-29**  
302300.21 Tu/Th 5:30-5:55pm

**January 6-February 24**  
302300.20 Tu 9:30-9:55am

**January 7-February 25**  
302300.30 W 11-11:25am

302300.31 W 2-2:25pm

**January 8-February 26**  
302300.40 Th 9:30-9:55am

**January 9-February 27**  
302300.50 F 12-12:25pm

**February 2-25**  
302300.12 M/W 5-5:25pm

**February 3-26**  
302300.22 Tu/Th 5:30-5:55pm

## Preschooler 4 Age 4-6

Preschooler 4 students will continue to build on the Preschool 3 skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Swimming in deep water and basic water safety rules are also included.

8, 25 minute sessions TOH \$67/NR \$83

**January 3-February 21**  
302400.60 Sa 11-11:25am

**January 4-February 22**  
302400.70 Su 9:30-9:55am

**January 5-28**  
302400.11 M/W 5:30-5:55pm

**January 5-February 23**  
302400.10 M 3:30-3:55pm

**January 6-29**  
302400.21 Tu/Th 6-6:25pm

**January 6-February 24**  
302400.20 Tu 9-9:25am

**January 7-February 25**  
302400.31 W 2:30-2:55pm

**January 8-February 26**  
302400.40 Th 9-9:25am

**February 2-25**  
302400.12 M/W 5:30-5:55pm

**February 3-26**  
302400.22 Tu/Th 6-6:25pm

## Preschooler 5 Age 4-6

To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

8, 25 minute sessions TOH \$67/NR \$83

**January 4-February 22**  
302500.70 Su 11:30-11:55am

**January 5-28**  
302500.11 M/W 6-6:25pm

**January 6-29**  
302500.21 Tu/Th 5-5:25pm

**January 6-February 24**  
302500.20 Tu 11-11:25am

**January 8-February 26**  
302500.40 Th 11-11:25am

**January 9-February 27**  
302500.50 F 12:30-12:55pm

**February 2-25**  
302500.12 M/W 6-6:25pm

**February 3-26**  
302500.22 Tu/Th 5-5:25pm

## Free Swim Evaluations

If you do not know which class is appropriate for your child, please contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule an evaluation at no charge.

## Wacky Wednesday

Come join us in the pool for great fun and games for the younger crowd. The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using some areas of the pool.

**Noon-3pm | \$5 parent/child  
\$2 each additional child**

**CELEBRATING  
MADE EASY**

**Birthday Parties!**  
Plan your child's next birthday celebration  
at the Herndon Community Center.

**Featuring:** swimming, play zone or sports parties; private party room; options for drinks, balloons, cake, pizza and more. **Call or visit our webpage** for more information on our party packages.





# AQUATICS

## Swim 1 Age 6-12

This is an introduction to the pool and swimming. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute sessions TOH \$67/NR \$83

**January 3-February 21**  
303110.60 Sa 11-11:30am

**January 4-February 22**  
303110.70 Su 11:30am-12pm

**January 5-28**  
303110.11 M/W 6-6:30pm

**January 5-February 23**  
303110.13 M 4-4:30pm

**January 6-29**  
303110.21 Tu/Th 5-5:30pm

**February 2-25**  
303110.12 M/W 6-6:30pm

**February 3-26**  
303110.22 Tu/Th 5-5:30pm

## Swim 2 Age 6-12

Builds on the fundamental skills listed and learned in Swim 1. Students will work on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

8, 30 minute sessions TOH \$67/NR \$83

**January 3-February 21**  
303210.60 Sa 10:30-11am

**January 4-February 22**  
303210.70 Su 11-11:30am

**January 5-28**  
303210.11 M/W 6:30-7pm

**January 5-February 23**  
303210.13 M 4:30-5pm

**January 6-29**  
303210.21 Tu/Th 5:30-6pm

**February 2-25**  
303210.12 M/W 6:30-7pm

**February 3-26**  
303210.22 Tu/Th 5:30-6pm

## Swim 3 Age 6-12

Aquatic skills learned in previous classes are continued. Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

8, 30 minute sessions TOH \$67/NR \$83

**January 3-February 21**  
303310.60 Sa 10-10:30am

**January 4-February 22**  
303310.70 Su 10:30-11am

**January 5-28**  
303310.11 M/W 5:30-6pm

**January 5-February 23**  
303310.13 M 4-4:30pm

**January 6-29**  
303310.21 Tu/Th 6:30-7pm

**February 2-25**  
303310.12 M/W 5:30-6pm

**February 3-26**  
303310.22 Tu/Th 6:30-7pm

## Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, and breaststroke. Diving skills are also introduced.

8, 30 minute sessions TOH \$67/NR \$83

**January 3-February 21**  
303410.60 Sa 9:30-10am

**January 4-February 22**  
303410.70 Su 10-10:30am

**January 5-28**  
303410.11 M/W 5-5:30pm

**January 5-February 23**  
303410.13 M 4:30-5pm

**January 6-29**  
303410.21 Tu/Th 6-6:30pm

**February 2-25**  
303410.12 M/W 5-5:30pm

**February 3-26**  
303410.22 Tu/Th 6-6:30pm

## Swim 5 Age 6-12

Students refine and coordinate the main strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries, and treading.

8, 45 minute sessions TOH \$99/NR \$123

**January 3-February 21**  
303510.60 Sa 8:45-9:30am

## Adapted Aquatics Beginner Age 5-16

A welcoming class for children with physical or mental disabilities, who want to work on their swimming abilities. Instructors help children learn how to adjust to the water, safety and skills that are tailored to the needs of each participant. Volunteers are needed, and training will be provided before the first day of class. Great community service project for high school students! Please call Kerstin Severin at **703-435-6800**

**x2128** if you have any questions regarding this program. Parents may be asked to go in the water if there is a lack of volunteers.

6, 30 minute sessions TOH \$51/NR \$63

**January 23-February 27**  
303810.50 F 4-4:30pm  
303810.51 F 4:30-5pm

## Adapted Aquatics Advanced

Age 5-16

This class is for children with physical or mental disabilities who want to work on their swimming abilities, and have mastered basic front and back crawl skills and need further development and refinement of their strokes. Volunteers are needed, and training will be provided before the first day of class. Great community service project for high school students! Please call Kerstin Severin at **703-435-6800 x2128** if you have any questions regarding this program. Parents may be asked to go in the water if there is a lack of volunteers.

6, 30 minute sessions TOH \$51/NR \$63

**January 23-February 27**  
303910.50 F 5-5:30pm



The pool is open only to lap swimmers age 13 and up and scheduled swim lessons on Saturdays and Sundays until noon.

# AQUATICS



## Youth Developmental Workout

Sign up for a class to stay in shape and improve stroke technique. The class includes stroke work in the four competitive strokes, starts, turns and endurance building. Be ready for your swim team or prepare to be on a swim team. Age 8 & under must swim 25 yards front crawl without stopping. Age 9-12 must swim 50 yards front crawl without stopping. Age 12-15 must swim 50 yards front crawl and 25 yards back crawl without stopping. Swimmers in the Fall, Winter and Spring sessions will get the opportunity to participate in a meet sometime during the season.

8, 45 minute sessions TOH \$91/NR \$115

## Age 8 & under

**January 3-February 21**  
304110.60 Sa 11-11:45am

**January 4-February 22**  
304110.70 Su 11:30am-12:15pm  
304110.71 Su 3-3:45pm  
304110.72 Su 4:30-5:15pm

## Age 9-12

**January 3-February 21**  
304110.61 Sa 11:45am-12:30pm

**January 4-February 22**  
304110.73 Su 10:45-11:30am  
304110.74 Su 3:45-4:30pm  
304110.75 Su 5:15-6pm

**January 5-February 23**  
304110.11 M 2:15-3pm

## Age 12-15

**January 4-February 22**  
304110.76 Su 10-10:45am



## Diving Guidelines

### Introduction to Diving

*No previous diving experience necessary, but must be able to:*

- Be comfortable in deep water
- Swim 25 yards

### Diving 1

*Successful completion of Introduction to Diving or the ability to:*

- Be comfortable in deep water
- Swim 25 yards
- Dive head first from the side of the pool

### Diving 2

*Successful completion of Diving 1 or the ability to:*

- Swim 25 yards
- Forward approach of 3 steps, hurdle and tuck dive
- Instructor permission recommended

### Diving 3

*Instructor permission and successful completion of Diving 2 or the ability to:*

- Compete on a dive team
- Swim 25 yards
- Forward optional dives (flips)
- Back and inward dives
- Instructor permission is required

## Introduction to Diving Age 5-12

Students will learn headfirst entries into the water; no previous experience is needed. The class will progress to standing dives from the edge and from the springboard. Students must be comfortable in deep water and completion of Swim 3 is strongly recommended.

4, 30 minute sessions TOH \$35/NR \$43  
**February 6-27**  
304510.50 F 5-5:30pm

8, 30 minute sessions TOH \$67/NR \$83  
**January 4-February 22**  
304510.70 Su 3:45-4:15pm  
**January 6-February 24**  
304510.20 Tu 5:15-5:45pm  
**January 8-February 26**  
304510.40 Th 6-6:30pm

## Diving 1 Age 7-14

Make a bigger splash! Divers are introduced to the fundamentals of springboard diving, starting with front and back jumps, working through front and back dives. Students must be comfortable in deep water and be able to dive in headfirst.

4, 45 minute sessions TOH \$51/NR \$63  
**February 6-27**  
304610.50 F 5:30-6:15pm

8, 45 minute sessions TOH \$99/NR \$123  
**January 4-February 22**  
304610.70 Su 4:15-5pm  
**January 6-February 24**  
304610.20 Tu 5:45-6:30pm  
**January 8-February 26**  
304610.40 Th 5:15-6pm

## Diving 2/3 Age 7-17

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

4, 1 hour sessions TOH \$67/NR \$83  
**February 6-27**  
304710.50 F 6:15-7:15pm

8, 1 hour sessions TOH \$131/NR \$163  
**January 4-February 22**  
304710.70 Su 5-6pm

## Adult Beginner Age 16 & up

Have you wanted to learn or improve your swimming skills? If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

8, 45 minute sessions TOH \$99/NR \$123  
**January 3-February 21**  
306130.60 Sa 10:30-11:15am  
306130.62 Sa 12-12:45pm  
**January 4-February 22**  
306130.71 Su 11:15am-12pm  
306130.70 Su 12-12:45pm  
**January 5-February 23**  
306130.10 M 10:15-11am



# AQUATICS

## Adult Advanced Beginner

Age 16 & up

This class is for students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

8, 45 minute sessions TOH \$99/NR \$123

**January 3-February 21**

306230.60 Sa 11:15am-12pm

**January 4-February 22**

306230.70 Su 10:30-11:15am

## Adult Intermediate

Age 16 & up

Looking for more stroke improvement? Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances.

Sidestroke, butterfly and diving will be introduced. Swimmer should complete or have proficiency of the Advanced Beginner skills.

8, 45 minute sessions TOH \$99/NR \$123

**January 3-February 21**

306330.60 Sa 12:45-1:30pm

**January 5-February 23**

306330.10 M 9:30-10:15am

## Masters Swim Team

Age 18 & up

Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 drop-in fee per practice).

32, 1 hour sessions TOH \$128/NR \$160

**January 5-February 26**

306630.10 M-Th 8:30-9:30pm

## Power Splash

Age 16 & up

A fun and energetic class that utilizes a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout incorporating circuits and intervals while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

8, 1 hour sessions TOH \$70/NR \$86

**January 9-February 27**

308230.50 F 8-9am

## Therapeutic Water Workout

Age 16 & up

Structured low-intensity water exercise program designed to help those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled shoes are recommended.

16, 1 hour sessions TOH \$134/NR \$166

**January 6-February 26**

308330.20 Tu/Th 10-11am

## Senior Water Aerobics

Age 16 & up

An exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary. Rubber-soled water shoes are strongly recommended.

8, 1 hour sessions TOH \$70/NR \$86

**January 9-February 27**

308440.50 F 9-10am

16, 1 hour sessions TOH \$134/NR \$166

**January 5-February 25**

308440.10 M/W 9-10am

## Water Aerobics

Age 16 & up

Enjoy a total water workout, which combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled shoes are strongly recommended.

16, 1 hour sessions TOH \$134/NR \$166

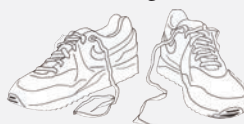
**January 6-February 26**

308530.20 Tu/Th 9:30-10:30am

## Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

**Monday-Friday  
6-7:15am**



## Water Walking

Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the deep end.

16, 1 hour sessions TOH \$134/NR \$166

**January 5-February 25**

308630.10 M/W 8-9am

## Deep Water 1

Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

8, 1 hour sessions TOH \$70/NR \$86

**January 3-February 21**

308730.60 Sa 8-9am

16, 1 hour sessions TOH \$134/NR \$166

**January 5-February 25**

308730.10 M/W 6:30-7:30pm

**January 6-February 26**

308730.20 Tu/Th 8:30-9:30am

## Deep Water 2

Age 16 & up

This is the ultimate cardio challenge in deep water! Benefit from a fast-paced, high intensity class that will help tone muscles and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

8, 1 hour sessions TOH \$70/NR \$86

**January 7-February 25**

308830.30 W 7:30-8:30am

16, 1 hour sessions TOH \$134/NR \$166

**January 5-February 25**

308830.10 M/W 7:30-8:30pm

**January 6-February 26**

308830.20 Tu/Th 7:30-8:30am

308830.21 Tu/Th 6:30-7:30pm

# WELLNESS



**Gentle Yoga For Seniors** Age 55 & up  
Gentle Yoga is a functional fitness-based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

8, 1 hour sessions TOH \$64/NR \$85

**January 5-February 23**  
330040.10 M 2:30-3:30pm

**January 7-February 25**  
330040.30 W 2:30-3:30pm

## **Kundalini Yoga** Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breathwork, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, regardless of age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

8, 1.5 hour sessions TOH \$96/NR \$128

**January 5-February 23**  
330130.10 M 7-8:30pm

**January 8-February 26**  
330130.40 Th 7-8:30pm



## **Hatha Yoga For Beginners**

Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

8, 1.5 hour sessions TOH \$96/NR \$128

**January 4-February 22**  
330330.00 Su 1-2:30pm

## **Meditation** Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. She uses meditation and related techniques to help her clients manage their stressful lives.

Senior discount does not apply.

8, 1 hour sessions TOH \$64/NR \$85

**January 9-February 27**  
331030.50 F 11:30am-12:30pm

## **Pilates** Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transforms the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

8, 1 hour sessions TOH \$64/NR \$85

**January 6-February 24**  
331130.20 Tu 6:15-7:15pm

**January 10-February 28**  
331130.60 Sa 10-11am

## **Toning Barre** Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, Pilates and yoga, that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements the Booty Barre method which is the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

8, 1 hour sessions TOH \$64/NR \$85

**January 5-February 23**  
331131.10 M 8:15-9:15pm

## **Tai Chi & Qi-Gong** Age 16 & up

Come learn the principles of the Yang-24 movement of Tai-Chi. "Chi" is known as life force energy and the cultivation of this chi can help one stay healthy in mind, body and spirit. Each week participants will learn about the 8 pieces of Brocade (BaDuanJin)

which is a popular form of Chinese medical Qi-Gong. These breathing exercises will warm-up the body for the Tai Chi practice. During the Tai Chi segment of the class, participants will learn how to breathe deep into the core and to release tension and stress. This class is wonderful for people who are looking to increase their individual balance, flexibility and strength. Senior discount does not apply.

8, 1 hour sessions TOH \$108/NR \$144

**January 9-February 27**  
331330.50 F 10:15-11:15am

## **Yoga for Stress** Age 16 & up

This restorative yoga class will introduce participants to the healing components of a yoga practice. We each have everyday stressors that constantly wear us down mentally, physically and spiritually. Come every week to a class that will teach you the skills to deal with these everyday stressors. We will learn breathing techniques, meditation and bodywork that will help you to become more knowledgeable about where and how you hold stress in your body. Each week during the session, come and learn how to relax into the awareness of the present moment and to let go of the judging thoughts which affect your body and your emotions. Senior discount does not apply.

8, 1 hour sessions TOH \$108/NR \$144

**January 9-February 27**  
331331.50 F 9-10am

## **Laughter Yoga Workshop**

Age 18 & up

Try something new and learn the art of Laughing Yoga! This type of yoga is an activity that will help you explore the art of laughter, which will invite more joy, play, health, and well-being into your life. Besides being A LOT OF FUN, laughing yoga provides many health benefits such as improved moods, boosted confidence and endorphins, and reduced stress and blood pressure. This workshop is suitable for all levels.

1, 1.5 hour session TOH \$25/NR \$25

**January 28**  
330050.30 W 1-2:30pm

**February 22**  
330050.00 Su 2:45-4:15pm

# MARTIAL ARTS

## Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing is available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden St., Herndon, 20170. All other sessions are at the Herndon Community Center.

8, 30 minute sessions TOH \$72/NR \$96

**January 3-February 21**

372000.60 Sa 1:45-2:15pm

**January 8-February 26**

372000.40 Th 4:45-5:15pm

**January 9-March 6 (No class 2/27)**

372000.50 F 6-6:30pm

372000.51 F 6:30-7pm

## Introduction to Tae Kwon Do

Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, and agility; and mental benefits: enhanced focus, confidence, discipline, and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

8, 1 hour sessions TOH \$48/NR \$64

**January 7-February 25**

372110.40 W 6-7pm

## Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

8, 1 hour sessions TOH \$36/NR \$48

**January 9-March 6 (No class 2/27)**

372250.50 F 7:05-8:05pm

## Introduction to Kendo Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to Kendo emphasizes a strong understanding of Kendo basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program, contact [david.zakrzewski@herndon-va.gov](mailto:david.zakrzewski@herndon-va.gov).

8, 1 hour sessions TOH \$24/NR \$32

**January 4-February 22**

372450.01 Su 10-11am

## Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introductory class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class teaching techniques for use in shinsa and shia. Anyone over 13, any skill level, is welcome. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

8, 1.5 hour sessions TOH \$36/NR \$48

**January 4-February 22**

372550.50 Su 11:15am-12:45pm

**January 7-February 25**

372550.30 W 8:20-9:50pm

**January 9-March 6 (No class 2/27)**

372550.51 F 8:15-9:45pm

## Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent. Due to the emphasis on inward focus, it has been referred to as a moving zen. Considered a complementary discipline to kendo. Students of all skill and age levels are welcome. Gi, Hakama, Bokken or Iaito and approval from the instructor are required to join the class.

8, 1 hour sessions TOH \$24/NR \$32

**January 4-February 22**

372650.01 Su 10-11am

## Fencing Age 9 & up

The sport of fencing is suitable to all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

8, 2 hour sessions TOH \$72/NR \$96

**January 4-February 22**

372750.01 Su 4-6pm

## Introduction to Judo Age 16 & up

Judo is a modern martial art, combat and Olympic sport created in Japan in 1882 by Jigoro Kano. The class will introduce the student into the world of Judo by learning how to fall, throw an opponent, submission techniques, self-defense and grappling/mat work. Instructor John Zalubski, a fourth degree black belt, has been involved with Judo over the last three decades as a competitor, instructor, state champion, and a collegiate medalist. John spent time in Korea refining his Judo skills and has competed in over 250 matches at the national and international level.

8, 1 hour sessions TOH \$42/NR \$56

**January 6-February 24**

372850.20 Tu 7-8pm



# GROUP EXERCISE



- \* Winter Class Schedule covers Friday, January 2 through Sunday, March 1.
- \* Group Exercise classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates. See page 2 for details on becoming a pass holder.
- \* Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300.
- \* Some classes may reach capacity or have limited specialty equipment available.
- \* Please consult your doctor prior to starting any exercise program.
- \* Group Exercise classes are designed for age 16 & up.
- \* Please do not enter a class if arriving more than ten minutes past the scheduled start time.

## Kid Care

**FREE!**

Take advantage of the free drop-off babysitting service, run by our friendly staff.

### Morning:

Monday/Wednesday 9-11:30am

Tuesday/Thursday 9am-12pm

### Evening:

Monday/Tuesday 5:30-8:15pm

Wednesday/Thursday 5-8pm

Friday 5:15-7pm

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

*Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.*

## LES MILLS BODYPUMP™

**LES MILLS BODYPUMP™ NEW!**

**BODYPUMP™** is a weight training class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), **BODYPUMP™** gives you a total-body workout that burns lots of calories. The rep effect—a scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a **BODYPUMP™** class will help you achieve much more than you would be able to on your own!

### BENEFITS OF BODYPUMP™

- Shape and tone your body
- Improve bone health
- Improve your core strength

### JUST GETTING STARTED?

You can adjust a **BODYPUMP™** workout to your current fitness level:

- Start with light weights or even just a bar
- Build up from four or five tracks to a full class



|    |                    |
|----|--------------------|
| M  | 6-7pm              |
| Tu | 6:45-7:45pm        |
| W  | 6-7pm              |
| F  | 12-1pm <b>NEW!</b> |
| Sa | 8:45-9:45am        |

## Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful and toned body.

M/W

9:10-10:10am

## Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements.

M

6-7am

## Boot Camp

Get fit. Do boot camp! No mean drill sergeants with a whistle; instead your friendly instructor will help you blast through an intense workout consisting of body weight exercise, heart-pumping cardio and strength training.

Th

6-7pm

## Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics, combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles. Put on your cross-training shoes and come have a blast!

Sa

7:30-8:30am

## Holiday Group Exercise Schedule

A limited group exercise schedule is available for December 22-31. Please visit our website or stop by the front desk for your copy.





# GROUP EXERCISE

## Cardio/Sculpt Interval (CSI)

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging high-intensity activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30am

## Core Challenge

Strengthen, tone, and activate your core in a 45-minute class that is focused all about your midsection! Challenging exercises will target the lower and upper abdominals, obliques, back and hips. Modifications for beginners will be provided.

Tu/Th 12:15-1pm

## Fit-Mix NEW!

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness. Slowly flowing from one exercise to the next and ending with an extended cool-down, it's a perfect recipe for a healthy body and mind.

F 10:30-11:15am

## Strength and Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. This class accommodates beginners to advanced fitness levels.

Tu/Th 11am-12pm

## Fit Moms NEW!

Get in shape, exercise with friends and burn calories with your tots in tow. For any mom who wants to get back into shape at any point in her life. Come pregnant, come alone or bring your children, age 4 weeks-5 years, and achieve your fitness goals in a fun family atmosphere. Class combines aerobics, strength training, core, yoga, kickboxing, dance and more! Special modifications for beginners and pregnant participants. At the end of class, children are invited to the floor for core work and stretching with mom. No special stroller required as long as your child can sit in it for the cardio portion of class.

F 9:15-10:15am

## Pure Cardio

An intermediate level class with fast-paced and challenging cardio drills. The goal? To burn calories and get your heart pumping! Combining high- and low-impact drills and exercises—with and without hand weights—you will drive your cardio fitness to new and greater levels. \*Participants can expect a regular dose of jumping, plyometrics, and quick transitions from standing exercises down to the floor with each class.

F 9:30-10:15am

## ZUMBA

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.



















**Benefits:** A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Monday:** 5:30pm and 6:45pm  
**Tuesday:** 5:30pm and 8:10pm  
**Wednesday:** 5pm and 7:10pm  
**Thursday:** 6am and 5:30pm  
**Friday:** 5:30pm  
**Saturday:** 11:45am  
**Sunday:** 8:45am

**Family Pass**  
**One-day Admission**  
 Up to 5 Family Members  
 (2 adults max)  
 TOH \$18/NR \$22.50



## GROUP EXERCISE CLASS SCHEDULE

|      |  |  |                                  |   |   |  |  |
|------|--|--|----------------------------------|---|---|--|--|
| MON. | Body Tone<br>6-7 am  | Body Blaster<br>9:10-10:10 am  |                                  |   |  ZUMBA<br>fit session<br>5:30-6:30 pm  |  BODYPUMP<br>L. SPINALE L. G.<br>6:40-7:40 pm |  ZUMBA<br>fit session<br>6:45-7:45 pm |
|      | Cardio-Sculpt Interval<br>9:30-10:30 am  | Strength & Sculpt<br>11 am-12 pm   | Core Challenge<br>12:15-1 pm     | *Dancercise<br>12-1 pm  |  ZUMBA<br>fit session<br>5:30-6:30 pm  |  BODYPUMP<br>L. SPINALE L. G.<br>6:45-7:45 pm |  ZUMBA<br>fit session<br>8:10-9:10 pm |
| WED. |  | Body Blaster<br>9:10-10:10 am  |                                  |   |  ZUMBA<br>fit session<br>5-6 pm  |  BODYPUMP<br>L. SPINALE L. G.<br>6-7 pm       |  ZUMBA<br>fit session<br>7:10-8:10 pm |
|      |  ZUMBA<br>fit session<br>6-7 am | Cardio-Sculpt Interval<br>9:30-10:30 am  | Strength & Sculpt<br>11 am-12 pm | *Dancercise<br>12-1 pm  | Core Challenge<br>12:15-1 pm  |  ZUMBA<br>fit session<br>5:30-6:30 pm         | Boot Camp<br>6-6:45 pm   |
| FRI. |  | Fit Moms<br>9:15-10:15 am  | Pure Cardio<br>9:30-10:15 am     |  Fit Mix<br>10:30-11:15 am                 |   BODYPUMP<br>L. SPINALE L. G.<br>12-1 pm |  ZUMBA<br>fit session<br>5:30-6:30 pm         |  |
|      | Cardio Blast<br>7:30-8:30 am   |  BODYPUMP<br>L. SPINALE L. G.<br>8:45-9:45 am |                                  |  ZUMBA<br>fit session<br>11:45 am-12:45 pm |   |  |  |
| SAT. |  |  |                                  |   |   |  |  |
|      |  |  ZUMBA<br>fit session<br>9-10 am              | Total Body Energizer<br>9-10 am  | *Hoop Dance<br>11:15-12:45 pm   |   |  |  |
| SUN. |  |  |                                  |   |   |  |  |
|      |  |  |                                  |   |   |  |  |

Check out  
Toning Barre, a workout  
which fuses dance, Pilates and  
yoga. See more on page 10.  
Give Dancercise a try!  
This class features low-impact  
movements with a heavy  
dose of dance.  
See more on page 19.

\*Denotes classes not included in admission. Please see Dance section for registration info.

Check out Toning Barre, a workout which fuses dance, Pilates and yoga. See more on page 10. Give Dancercise a try! This class features low-impact movements with a heavy dose of dance. See more on page 19.

# FITNESS



Please note: Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

**(NOL)**; Indicates No Online Registration available.

## The Training Studio

Experience a workout environment like no other! Our training studio is a semi-private, dedicated workout space for our Small Group classes and Personal Training sessions. The space includes TRX Suspension Training, and the latest in fun workout tools like Kettlebells, Medicine Balls, Battle Ropes and more—all of which will help us boost your workout and your results! The Studio is open only to those enrolled in Personal Training or the Small Group classes listed below:

### Balance Training Age 45 & up

Balance is the key to fall prevention, performing our “activities of daily living” well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance-specific strategies and exercises.

8, 45 minute sessions TOH \$40/NR \$52  
**January 6-February 24**  
 321730.20 Tu 10:30-11:15am

### Fit Boxing Age 16 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to train hard and achieve the best shape of your life.

8, 1 hour sessions TOH \$60/NR \$80  
**January 8-February 26**  
 320330.40 Th 8:30-9:30pm

### Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

**Monday-Friday 6-7:15am**

## Fit-in-a-Flash for Women

Age 35 & up

As women age, many changes in the body can contribute to steady weight gains—including loss of muscle mass, decreased metabolism, and a decline in estrogen levels. Fit-in-a-Flash is a total-body workout focused on boosting your metabolism and increasing your strength—both of which will help delay or reverse the effects of aging.

8, 1 hour sessions TOH \$60/NR \$80  
**January 8-February 26**  
 320430.40 Th 12-1pm

## Flow Fusion Age 16 & up **NEW!**

Experience a new approach to the total-body workout—an amazing combination of strength training, mobility work, Pilates and yoga-inspired movements. All guaranteed to make you sweat! Class is suitable for beginners, fitness enthusiasts and athletes alike.

8, 1 hour sessions TOH \$60/NR \$80  
**January 8-February 26**  
 320130.40 Th 7:30-8:30pm

## High Intensity Interval Training

Age 16 & up

Get more out of your workout in less time. According to the latest research, High Intensity Interval Training (HIIT) burns more calories, increases fat loss and improves cardiovascular fitness in a shorter amount of time. HIIT training mixes short intervals of maximum effort exercises with longer intervals of lower intensity exercise. Due to the rigorous nature of the workout, this class is recommended for individuals who can exercise at 70-80% of their maximum for at least 20 minutes.

8, 30 minute sessions TOH \$48/NR \$60  
**January 6-February 24**  
 322630.20 Tu 7:30-8pm

## Intervals for Weight Loss

Age 16 & up

One of the best ways to boost your metabolism and lose weight is through interval training. If your personal goal involves weight loss, join us for a low-impact, high results exercise session. Sign up for multiple days for maximum benefit!

6, 1 hour sessions TOH \$45/NR \$60  
**January 5-February 23**  
**(No classes 1/19, 2/16)**  
 320530.10 M 6:30-7:30pm

8, 1 hour sessions TOH \$60/NR \$80  
**January 7-February 25**  
 320530.30 W 6:30-7:30pm

9, 1 hour sessions TOH \$68/NR \$90  
**January 2-February 27**  
 320530.50 F 6-7pm

## Reach-the-Beach Fitness Challenge

Age 16 & up

After the New Year loses its shine, do your fitness and healthy living goals veer off course? Get back on track, stay on track and get the accountability you seek with a little friendly competition. This self-paced Fitness Challenge will help inspire and guide you to achieve results. Log “miles” by tracking workouts and healthy eating, and move your game piece closer and closer to “The Beach.” Healthy eating goals, exercise goals and optional workout routines for you to try will be provided. There are two opportunities to attend a kickoff meeting to learn more about the rules of the game and answer any questions. All weekly updates are done via email and participants exercise at their convenience and location of choice. Win free Personal Training and other great prizes!

**Kick-off dates:** Friday, January 30 at 6pm OR Saturday, January 31 at 9:30am.  
 TOH \$10/NR \$14  
 February 2-March 29  
 320630.00



# FITNESS

## Lunch Crunch Age 16 & up

No way you're getting up for a 6 a.m. workout? Too tired at the end of a long day? Midday is the perfect time to take a break and inject some energy and activity into your day. Come mix it up with a total-body strength circuit workout. Efficient and effective, this 50-minute workout will give you enough time to get in and out, but will challenge you while you're here.

6, 50 minute sessions TOH \$39/NR \$51

**January 5-February 23**

(No classes 1/19, 2/16)

320730.10 M 12:05-12:55pm

8, 50 minute sessions TOH \$52/NR \$68

**January 7-February 25**

320730.30 W 12:05-12:55pm

## Shape Up for Women Age 16 & up

Come "shape up" with our 60-minute workout just for women! Our trainers know what it takes to fire up your metabolism, strengthen your core, tone arms and legs, and improve your cardiovascular endurance. This class will drive your fitness results to new heights!

8, 1 hour sessions TOH \$60/NR \$80

**January 5-February 23**

320930.11 M 10:30-11:30am

**January 7-February 25**

320930.30 W 6:15-7:15am

320930.31 W 10:30-11:30am

9, 1 hour sessions TOH \$68/NR \$90

**January 2-February 27**

320930.50 F 6:15-7:15am

320930.51 F 10:30-11:30am

## Small Group Personal Training

**for Teachers** Age 16 & up

Calling all teachers! When the final school bell sounds for the day, you should take some time to take care of yourself. Get re-energized after a long day at school, get fit and healthy, and get the benefit of working out with a personal trainer at a fraction of the cost. Conveniently scheduled after school hours, this class will do it all—stretch, strengthen, balance and core.

6, 1 hour sessions TOH \$45/NR \$60

**January 5-February 23**

(No classes 1/19, 2/16)

322530.11 M 4:30-5:30pm

8, 1 hour sessions TOH \$60/NR \$80

**January 7-February 25**

322530.31 W 4-5pm

## Strength Circuit Age 45 & up

Let our personal trainers guide your Fitness Room workout. Each workout starts with a group warm-up and comes with an exercise sheet for you to work from (and learn from). Exercise with a group, but maintain a workout pace and volume that suits your ability level. Your trainer will help you master the Cybex machines, perfect your form and technique with free weights, learn new core and balance exercises, and help motivate you to achieve great results.

6, 45 minute sessions TOH \$30/NR \$39

**January 5-February 23**

(No classes 1/19, 2/16)

321940.10 M 9:30-10:15am

8, 45 minute sessions TOH \$40/NR \$52

**January 8-February 26**

321940.40 Th 9:30-10:15am

## Hoop Dance Age 13 & up

Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour and provides a great full-body workout while encouraging creative movement and expression. Provide your own adult-sized hoop or borrow/purchase one from the instructor.

8, 1 hour sessions TOH \$52/NR \$67

**January 4-February 22**

369930.70 Su 11am-12pm

**January 8-February 26**

369930.40 Th 6:45-7:45pm

## Stretch, Core and More Age 16 & up

For many of us, stretching is an afterthought and our "abs" work is merely crunches on the floor. Yet flexibility and core conditioning are both critical components of a workout and highly effective when applied properly. Class will incorporate "functional training" core work, stretching elements from yoga, sport performance, plus other balance, stability and mobility exercises.

8, 50 minute sessions TOH \$52/NR \$68

**January 8-February 26**

321230.40 Th 7-7:50am

## Diabetes Stops Here

**NEW!**

Age 16 & up

Do you have a family history of diabetes or been diagnosed with pre-diabetes? Team up with Ms. Anu Kaur, Certified Wellness Coach and Registered Dietitian and one of our personal trainers to stop or delay the onset of diabetes. Using nutrition science and coaching, mindful eating strategies and exercise, you will learn to control your weight, manage your blood sugar, and make lifestyle changes in a meaningful and empowering way. Class structure includes nutrition coaching on Tuesday evenings and Small Group Personal Training on Thursday evenings.

16, 1 hour sessions TOH \$120/NR \$160

**January 6-February 26**

323130.40

Tu Nutrition 6:30-7:30pm

Th Workout 6:30-7:30pm



## Boot Camp for Women & Men

**Dedication, Determination, Motivation and Fun**

Class is designed for all levels of ability. Classes are sometimes held indoors in the event of inclement weather.

**Locations:** Check our updated listing

on [www.FIResults.com](http://www.FIResults.com) or call

**1-877-62SHAPE (877-627-4273)**

for more information. Guaranteed Results!

**Held outdoors at**

**Herndon Community Center.**

# FITNESS



**Cyclist Cross-Training** Age 16 & up  
Cycling enthusiasts—be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility, and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

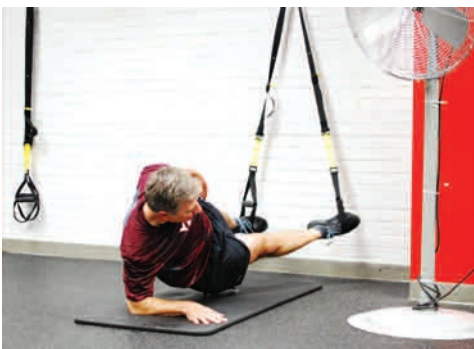
8, 1 hour sessions TOH \$60/NR \$80  
**January 6-February 24**  
322850.20 Tu 5:30-6:30pm

## Tennis Fitness Training

Age 16 & up

Are you working on your tennis game? Don't forget the most important aspect—the condition of your body! This class will help you develop the strength, agility, speed, and endurance needed to complement your technical skills on the court. Cover more of the court and get to balls you might not otherwise reach; add speed and power to your serve; recover your position more quickly to keep volleys alive. Best of all, you'll be able to stay healthy and stay on the court!

6, 1 hour sessions TOH \$45/NR \$60  
**January 5-February 23**  
(No classes 1/19, 2/16)  
322950.10 M 2:30-3:30pm



## Teen Personal Training:

**Intro to Strength Training** Age 12-15  
Personal Training designed with adolescents in mind. Teens will work one-on-one with a personal trainer to learn strength training techniques, the “how and why” of exercise intensity, frequency and duration. They will also learn how to best progress their workouts for optimal results. Students will be given a Youth Fitness ID which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates). Please contact the Head Fitness Trainer to schedule at **703-435-6800 x2132**.

6, 45 minute sessions TOH \$172/NR \$230

## Tough Enough

Age 16 & up  
Tough Enough is for those looking for an extra workout challenge! Take your fitness UP to a whole new level with Get-Ups, Pull-Ups, Push-Ups, Muscle-Ups, Press-Ups and more! You'll have to work hard, but the results you'll achieve will be worth it. Come find out if you are “Tough Enough!”

8, 1 hour sessions TOH \$60/NR \$80  
**January 8-February 26**  
321430.40 Th 5:30-6:30pm

## TRX Suspension Training

Age 16 & up  
Intense, innovative and functional—TRX Suspension Training provides a full-body workout like no other. In only 30 minutes, you'll blast through a heart pumping workout that fires up your core and leaves no muscle unchallenged. The straps are used to leverage your own body weight for resistance, making it easy to progress or regress any exercise quickly. You'll use muscles you didn't even know you had, and have fun while doing so! Participants should warm-up for 15 minutes prior to class.

8, 30 minute sessions TOH \$52/NR \$68  
**January 6-February 24**

|                   |    |            |
|-------------------|----|------------|
| 322430.20 Level 1 | Tu | 12-12:30pm |
| 322430.21 Level 2 | Tu | 12:30-1pm  |
| 322430.22 Level 1 | Tu | 6:30-7pm   |
| 322430.23 Level 2 | Tu | 7-7:30pm   |

9, 30 minute sessions TOH \$59/NR \$77  
**January 2-February 27**

|                   |   |           |
|-------------------|---|-----------|
| 322430.50 Level 2 | F | 12:30-1pm |
|-------------------|---|-----------|

## Turn Back the Clock

Age 45 & up  
With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout.

6, 45 minute sessions TOH \$30/NR \$39

**January 5-February 23**  
(No classes 1/19, 2/16)

|           |   |             |
|-----------|---|-------------|
| 321830.10 | M | 8:30-9:15am |
|-----------|---|-------------|

8, 45 minute sessions TOH \$40/NR \$52

**January 7-February 25**

|           |   |              |
|-----------|---|--------------|
| 321830.30 | W | 9:30-10:15am |
| 321830.31 | W | 8:45-9:30am  |

## Fitness Room Orientation **FREE!**

Age 16 & up **NOL**

Get to know the Fitness Room better! Our Fitness staff will teach you the proper use of our cardio machines, free weights, Cybex circuit and other fitness equipment. Our goal is to help you become familiar with and comfortable in the Fitness Room. Available to new passholders only. Contact the Head Trainer at **703-435-6800 x2132** to schedule an appointment (subject to availability).

## Teen Fitness Orientation **FREE!**

Age 12-15 **NOL**

Orientation for teens age 12-15 will afford youth a Fitness ID. This allows youth to use the fitness room in accordance with standard fitness room policies and admission rates. By appointment only. Contact the Head Trainer at **703-435-6800 x2132** to schedule (subject to availability).

## Winter Pass Sale

**15%** off a 30-day pass

Save by the year,

**10%** off annual or

6-month pass

(does not apply to renewals)

*Expires March 6*



# FITNESS

## Personal Training Age 14 & up

For information or to schedule appointments, call our Head Personal Trainer at 703-435-6800 x2132.

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you and support you—so that you may reach your desired fitness goals!

### Personal Training Starter Pack\*

Includes a free 30-minute consultation

**30 minute sessions**

3 workouts TOH \$90/NR \$120

\*New training clients only

### One-on-One Personal Training

**30 minute sessions**

1 workout TOH \$33/NR \$41

6 workouts TOH \$164/NR \$205

10 workouts TOH \$222/NR \$278

**45 minute sessions**

1 workout TOH \$43/NR \$54

6 workouts TOH \$215/NR \$269

10 workouts TOH \$317/NR \$397

### Two-on-One Partner Training (Rates are per person)

**45 minute sessions**

1 workout TOH \$27/NR \$34

6 workouts TOH \$150/NR \$186

10 workouts TOH \$230/NR \$290



Bryan Hamilton-Brown



Cynthia Strong



Lori Allred



Jeff Burden



Jane Grannis



Karen Tsitos



Tom Milenkevich

## Personalized Coaching for Runners **NOL**

Please call 703-435-6800 x2132 to schedule an appointment with our running coach. 1 hour session TOH \$65/NR \$80. Choose the area you want to focus on:

### Personalized Running Consult –

- Run Form assessment
- Instruction on proper running form and on dynamic warm up and post run static stretching
- Strengthening exercises to aid form and endurance will be discussed

### Running Power

- Instruction in plyometric training to gain power, boost running efficiency and speed, dynamic and static stretching to help reduce risk of common running injuries.

### Running Strength

- Instruction in resistance, core and weight training exercises specific for runners, dynamic and static stretching to help reduce risk of common running injuries.

## WINTER 2014–15 OPEN GYM SCHEDULE

| Sunday | Monday                           | Tuesday                         | Wednesday                             | Thursday                            | Friday                                | Saturday                      |
|--------|----------------------------------|---------------------------------|---------------------------------------|-------------------------------------|---------------------------------------|-------------------------------|
|        | 11:30am-2pm<br>Adult<br>Open Gym |                                 | 11:30am-2:30pm<br>Adult<br>Basketball | 11:30am-2:30pm<br>Adult<br>Open Gym | 11:30am-2:30pm<br>Adult<br>Basketball | 8-11am<br>Adult<br>Volleyball |
|        |                                  | 2:45-5:15pm<br>Teen<br>Open Gym | 2:45-4:45pm<br>Teen<br>Open Gym       | 2:45-5:15pm<br>Teen<br>Open Gym     | 2:45-5:15pm<br>Teen<br>Open Gym       |                               |
|        |                                  | 7-10pm<br>Adult<br>Basketball   | 7:30-10pm<br>Adult<br>Volleyball      | 8-10pm<br>Adult<br>Badminton        | 7:30-10pm<br>Adult<br>Open Gym        |                               |

Friday evening open gym may be cancelled for events. Youth=17 years and under.  
This schedule is subject to change - check monthly schedule.

## Planning a Special Event or Meeting?

The Center can accommodate sit-down functions up to 375 people, or provide meeting space for up to 100, and has a warming/catering kitchen. Call 703-787-7300 for information, or to arrange a tour of our facilities.

# DANCE



Whether you aspire to become a professional dancer or you just want to improve your coordination, get some exercise, or have some fun, there's something for everyone in the Parks and Recreation Department's dance program. The dance program offers complete training in a wide variety of dance disciplines and related movement for children, aged two years and up, beginners through advanced levels. All of our instructors are fully qualified professionals, possessing many years of teaching experience. All teachers are dedicated to creating a truly caring environment for the younger child and a more challenging curriculum for older students. Dancing is a great way for people of all ages to get and stay in shape, while inspiring a sense of well-being. From our tiniest ballerina to our belly dancers, dancing helps build flexibility, strength and endurance, and contributes to a positive outlook.

## Youth

### Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

8, 45 minute sessions TOH \$55/NR \$73

#### January 3-February 21

|           |    |              |
|-----------|----|--------------|
| 341100.61 | Sa | 9:30-10:15am |
| 341100.62 | Sa | 4-4:45pm     |

#### January 5-February 23

|           |   |            |
|-----------|---|------------|
| 341100.11 | M | 10-10:45am |
|-----------|---|------------|

#### January 7-February 25

|           |   |            |
|-----------|---|------------|
| 341100.31 | W | 10-10:45am |
|-----------|---|------------|

## Ballet

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and be ready to follow group instruction.

8, 45 minute sessions TOH \$55/NR \$73

### Beginner Age 3-5

#### January 3-February 21

|           |    |             |
|-----------|----|-------------|
| 341210.61 | Sa | 10:15-11am  |
| 341210.62 | Sa | 1:30-2:15pm |

#### January 5-February 23

|           |   |               |
|-----------|---|---------------|
| 341210.11 | M | 10:45-11:30am |
|-----------|---|---------------|

#### January 6-February 24

|           |    |            |
|-----------|----|------------|
| 341210.21 | Tu | 10-10:45am |
|-----------|----|------------|

#### January 7-February 25

|           |   |            |
|-----------|---|------------|
| 341210.31 | W | 11-11:45am |
|-----------|---|------------|

### Beginner/Intermediate Age 3-5

#### January 3-February 21

|           |    |          |
|-----------|----|----------|
| 341310.61 | Sa | 2:15-3pm |
|-----------|----|----------|

### Intermediate Age 3-5

#### January 3-February 21

|           |    |            |
|-----------|----|------------|
| 341410.61 | Sa | 11-11:45am |
|-----------|----|------------|

#### January 5-February 23

|           |   |                 |
|-----------|---|-----------------|
| 341410.11 | M | 11:30am-12:15pm |
|-----------|---|-----------------|

#### January 6-February 24

|           |    |            |
|-----------|----|------------|
| 341410.21 | Tu | 11-11:45am |
|-----------|----|------------|

#### January 7-February 25

|           |   |          |
|-----------|---|----------|
| 341410.31 | W | 2-2:45pm |
|-----------|---|----------|

### Advanced Age 4-6

For the children that have taken Baby Ballerina, Beginner and Intermediate ballet. This is an advanced ballet class focused on technique. Performance the last day of class.

8, 45 minute sessions TOH \$55/NR \$73

#### January 3-February 21

|           |    |                 |
|-----------|----|-----------------|
| 341610.61 | Sa | 11:45am-12:30pm |
|-----------|----|-----------------|

#### January 7-February 25

|           |   |            |
|-----------|---|------------|
| 341610.31 | W | 12-12:45pm |
|-----------|---|------------|

### Ballet Technique Age 6-10

After completing pre-ballet classes, students move into more formal ballet technique classes. Dance performance held last day of class for parents.

8, 1 hour sessions TOH \$55/NR \$73

#### January 5-February 23

|           |   |             |
|-----------|---|-------------|
| 341010.11 | M | 2:30-3:30pm |
|-----------|---|-------------|

### Ballet/Tap/Jazz Advanced Age 6-8

This basic tap, jazz and beginning ballet technique class will include more challenging barre exercises, while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills. Two sessions experience needed.

8, 1 hour sessions TOH \$55/NR \$73

#### January 3-February 21

|           |    |       |
|-----------|----|-------|
| 342610.61 | Sa | 3-4pm |
|-----------|----|-------|

#### January 5-February 23

|           |   |       |
|-----------|---|-------|
| 342610.11 | M | 4-5pm |
|-----------|---|-------|

## Combination Dance

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm, offering the student experience in tap, ballet and tumbling technique.

8, 1 hour sessions TOH \$55/NR \$73

### Beginner Age 3-5

#### January 3-February 21

|           |    |              |
|-----------|----|--------------|
| 344210.61 | Sa | 12:30-1:30pm |
|-----------|----|--------------|

#### January 5-February 23

|           |   |              |
|-----------|---|--------------|
| 344210.11 | M | 12:15-1:15pm |
|-----------|---|--------------|

#### January 8-February 26

|           |    |         |
|-----------|----|---------|
| 344210.41 | Th | 10-11am |
|-----------|----|---------|

### Beginner/Intermediate Age 4-6

#### January 6-February 24

|           |    |       |
|-----------|----|-------|
| 344210.21 | Tu | 5-6pm |
|-----------|----|-------|

### Intermediate Age 4-6

#### January 8-February 26

|           |    |           |
|-----------|----|-----------|
| 344210.42 | Th | 11am-12pm |
|-----------|----|-----------|

### Intermediate/Advanced Age 4-6

#### January 5-February 23

|           |   |             |
|-----------|---|-------------|
| 344210.12 | M | 1:15-2:15pm |
|-----------|---|-------------|



# DANCE

## Hip-Hop

This fun and upbeat style of dance focuses on coordination and strength. Hip-hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

8, 1 hour sessions TOH \$55/NR \$73

## Beginner Age 4-6

January 8-February 26

345310.41 Th 4:30-5:30pm

## Intermediate Age 6-8

January 5-February 23

345310.11 M 5-6pm  
345310.42 Th 5:30-6:30pm

## Intermediate Advanced Age 8-12

January 3-February 21

345310.61 Sa 4:45-5:45pm

January 7-February 25

345310.31 W 5-6pm

## Adult

### Ballet Technique

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

8, 1 hour sessions TOH \$55/NR \$73

January 7-February 25

341230.31 W 1-2pm

8, 1.5 hour sessions TOH \$82/NR \$109

January 6-February 24

341230.21 Tu 6:30-8pm

### Swing Dance

Learn to jump, jive and wail by learning the triple and single East Coast swing. No experience needed.

8, 1 hour sessions TOH \$55/NR \$73

January 7-February 25

343231.31 W 6-7pm

## Latin Dance

Emphasis will be on the development of partnering skills, lead and follow, the basic principles of timing, as well as basic foot work and variations of simple turn patterns. Cha Cha, Rumba, Tango and Salsa are covered. No experience needed.

8, 1 hour sessions TOH \$55/NR \$73

January 7-February 25

342230.31 W 8-9pm

## Belly Dance

A fun, low-impact cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all-over flexibility, proper alignment and great body posture.

8, 1 hour sessions TOH \$55/NR \$73

January 5-February 23

## Beginner

343230.11 M 6-7pm

## Advanced

343230.12 M 7-8pm

## Dancercise

Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderate-intensity workout. No experience needed. Jazz shoes recommended.

16, 1 hour sessions TOH \$110/NR \$145

January 6-February 26

344030.21 Tu/Th 12-1pm

## Story Book Dance Camp Princess in a Frozen Wonderland

Age 3-6

This two-week winter camp will mirror our popular summer camps. It will provide technique training and fun projects through the beloved tales of *The Nutcracker*, *Cinderella*, *Sleeping Beauty*, *Snow White*, *Frozen* and many others. Children will enjoy an integrated arts experience through story, film, crafts and dance—all themed for the season! A costumed performance party will be held for family and friends the last day of class with a choreographed dance to *Let It Go!*

10, 5 hour sessions TOH \$225/NR \$300

December 8-19

280000.11 M-F 9am-2pm

## Salsa Dance

Learn the basic rhythm, step patterns and technique of this popular Latin dance. Whether you're looking to learn this dance for the first time or to brush up on some of the basics—this is the perfect class for you. No experience needed.

8, 1 hour sessions TOH \$55/NR \$73

January 7-February 25

341231.31 W 7-8pm

**CELEBRATING  
MADE EASY**

**Birthday Parties!**  
Plan your child's next birthday celebration  
at the Herndon Community Center.

**Featuring:** swimming, play zone or sports parties; private party room; options for drinks, balloons, cake, pizza and more.

**Call or visit our webpage** for more information on our party packages.



# GYMNASTICS



Our gymnastics program for boys and girls, ages 2-13, prides itself on being able to offer a positive, safe and fun learning environment for your child. Participating in gymnastics develops self-esteem, discipline, determination and a sense of achievement. If your child needs individual accommodations, please contact [david.zakrzewski@herndon-va.gov](mailto:david.zakrzewski@herndon-va.gov) for more information.

## Parent-Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age-appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

|                              |                  |
|------------------------------|------------------|
| 8, 45 minute sessions        | TOH \$53/NR \$70 |
| <b>January 3-February 21</b> |                  |
| 370000.60 Sa                 | 9-9:45am         |
| <b>January 5-February 23</b> |                  |
| 370000.10 M                  | 9:30-10:15am     |
| <b>January 6-February 24</b> |                  |
| 370000.20 Tu                 | 9:30-10:15am     |
| <b>January 8-February 26</b> |                  |
| 370000.40 Th                 | 9:30-10:15am     |

## Munchkateers 1 Age 3-4

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

|                              |                  |
|------------------------------|------------------|
| 8, 45 minute sessions        | TOH \$53/NR \$70 |
| <b>January 3-February 21</b> |                  |
| 370100.60 Sa                 | 10-10:45am       |
| <b>January 5-February 23</b> |                  |
| 370100.10 M                  | 10:30-11:15am    |
| <b>January 6-February 24</b> |                  |
| 370100.20 Tu                 | 10:30-11:15am    |
| <b>January 8-February 26</b> |                  |
| 370100.40 Th                 | 10:30-11:15am    |

## Munchkateers 2 Age 4-6

|                              |                 |
|------------------------------|-----------------|
| <b>January 3-February 21</b> |                 |
| 370200.60 Sa                 | 11-11:45am      |
| <b>January 5-February 23</b> |                 |
| 370200.10 M                  | 11:30am-12:15pm |
| <b>January 6-February 24</b> |                 |
| 370200.20 Tu                 | 11:30am-12:15pm |
| <b>January 8-February 26</b> |                 |
| 370200.40 Th                 | 11:30am-12:15pm |

## Young Beginner Age 5-7

This program is designed as a transition program to the Level gymnastics program. Class will focus on body positions, skill development and skill recognition. No experience necessary, but must be able to separate from parent, follow group instruction and learn gymnastics terminology.

|                              |                  |
|------------------------------|------------------|
| 8, 45 minute sessions        | TOH \$53/NR \$70 |
| <b>January 3-February 21</b> |                  |
| 370310.60 Sa                 | 12-12:45pm       |
| <b>January 5-February 23</b> |                  |
| 370310.11 M                  | 4:15-5pm         |
| <b>January 6-February 24</b> |                  |
| 370310.20 Tu                 | 4:15-5pm         |
| <b>January 8-February 26</b> |                  |
| 370310.40 Th                 | 4:15-5pm         |

## USA Level Gymnastics

The Level program includes instruction in floor exercise, balance beam and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Advancement is based on obtaining the required skill and correct form.

### Level 1

No experience necessary, but must be able to learn gymnastics terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

## Boys Age 5-8

|                              |                  |
|------------------------------|------------------|
| 8, 45 minute sessions        | TOH \$53/NR \$70 |
| <b>January 5-February 23</b> |                  |
| 370410.11 M                  | 4:15-5pm         |
| <b>January 6-February 24</b> |                  |
| 370410.21 Tu                 | 4:15-5pm         |

## Girls Age 6-12

|                              |                   |
|------------------------------|-------------------|
| 8, 1.5 hour sessions         | TOH \$79/NR \$105 |
| <b>January 5-February 23</b> |                   |
| 370410.10 M                  | 5-6:30pm          |
| 370410.12 M                  | 6:30-8pm          |
| <b>January 6-February 24</b> |                   |
| 370410.20 Tu                 | 5-6:30pm          |
| <b>January 8-February 26</b> |                   |
| 370410.40 Th                 | 5-6:30pm          |
| 370410.41 Th                 | 6:30-8pm          |

### Level 2

Successful completion of Level I or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

|                              |                   |
|------------------------------|-------------------|
| 8, 1.5 hour sessions         | TOH \$79/NR \$105 |
| <b>January 5-February 23</b> |                   |
| 370510.10 M                  | 5-6:30pm          |
| 370510.11 M                  | 6:30-8pm          |
| <b>January 6-February 24</b> |                   |
| 370510.20 Tu                 | 5-6:30pm          |
| <b>January 8-February 26</b> |                   |
| 370510.40 Th                 | 5-6:30pm          |
| 370510.41 Th                 | 6:30-8pm          |

### Level 3

Successful completion of Level II or the ability to demonstrate 3 long pull-ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam and dive forward roll on vault.

|                              |                   |
|------------------------------|-------------------|
| 8, 1.5 hour sessions         | TOH \$79/NR \$105 |
| <b>January 5-February 23</b> |                   |
| 370610.10 M                  | 5-6:30pm          |
| 370610.11 M                  | 6:30-8pm          |
| <b>January 6-February 24</b> |                   |
| 370610.20 Tu                 | 5-6:30pm          |
| <b>January 8-February 26</b> |                   |
| 370610.40 Th                 | 5-6:30pm          |
| 370610.41 Th                 | 6:30-8pm          |



# INDOOR TENNIS

## Bready Park Indoor Tennis

Monday-Friday: 6:30am-10:30pm

Saturday: 8am-10:30pm

Sunday: 8am-10pm

Open through April 19, 2015

### Court cost per hour

Contract Random

|  |      |      |
|--|------|------|
| <i>Prime Time (after 5pm, Mon-Fri;<br/>Sat &amp; Sun all day):</i> |      |      |
| Adult TOH Resident   | \$25 | \$28 |
| Adult Non-Resident   | \$33 | \$36 |
| <i>Non-Prime Time<br/>(before 5pm weekdays):</i>                   |      |      |
| Adult TOH Resident   | \$22 | \$23 |
| Adult Non-Resident   | \$29 | \$30 |
| Youth/Senior TOH (a)   | \$19 | \$20 |
| Youth/Senior Non-Resident (a)                                      | \$23 | \$24 |
| (a) Youth = 17 and under   |      |      |
| (a) Senior = 65 and older  |      |      |

\*Reservations for random time may be made seven days in advance.

ID required for Town of Herndon Resident rates.

#### Cancellation Policy:

- A) No charge if reservation cancelled 48 hours before scheduled play time.
- B) Full court fee charged if cancelled less than 48 hours before scheduled play time.
- C) All no-shows will be responsible for full court fee.

Please call the Tennis Manager,  
Suzanna Swalboski, at 703-435-6800 x2114  
for information on these programs.

## Pee Wee Age 4-5

Beginning tennis fundamentals. Student  
should come with own tennis racquet and  
wear tennis shoes.

5, 30 minute sessions TOH \$34/NR \$46

## Session I

January 5-February 2

391200.10 M 4-4:30pm  
391200.11 M 4:30-5pm

January 8-February 5

391200.40 Th 4-4:30pm  
391200.41 Th 4:30-5pm

## Session II

February 16-March 16

391200.12 M 4-4:30pm  
391200.13 M 4:30-5pm

February 19-March 19

391200.42 Th 4-4:30pm  
391200.43 Th 4:30-5pm

## Beginner

All students must provide their own racquet  
and wear tennis shoes. All youth classes will  
emphasize tennis fundamentals.

## Session I

5, 1 hour sessions TOH \$45/NR \$60

## Age 6-8

January 7-February 4

392310.30 W 5-6pm

January 8-February 5

392310.40 Th 5-6pm

January 10-February 7

392310.60 Sa 9-10am

## Age 9-11

January 10-February 7

392410.60 Sa 10-11am

## Age 12-15

January 10-February 7

392510.60 Sa 11am-12pm

## Session II

5, 1 hour sessions TOH \$45/NR \$60

## Age 6-8

February 18-March 18

392310.31 W 5-6pm

February 19-March 19

392310.41 Th 5-6pm

February 21-March 21

392310.61 Sa 9-10am

## Age 9-11

February 21-March 21

392410.61 Sa 10-11am

## Age 12-15

February 21-March 21

392510.61 Sa 11am-12pm

## Advanced Beginner

All students must provide their own racquet  
and wear tennis shoes. All youth classes will  
emphasize tennis fundamentals.

## Session I

5, 1 hour sessions TOH \$45/NR \$60

## Age 6-8

January 6-February 3

393110.21 Tu 4-5pm

January 9-February 6

393110.51 F 5-6pm

January 10-February 7

393110.60 Sa 9-10am

## Age 9-11

January 5-February 2

393210.10 M 5-6pm

January 6-February 3

393210.20 Tu 5-6pm

January 10-February 7

393210.60 Sa 10-11am

## Age 12-15

January 9-February 6

393120.50 F 4-5pm

January 10-February 7

393120.60 Sa 11am-12pm

## Session II

5, 1 hour sessions TOH \$45/NR \$60

## Age 6-8

February 17-March 17

393110.22 Tu 4-5pm

February 20-March 20

393110.52 F 5-6pm

February 21-March 21

393110.61 Sa 9-10am

## Age 9-11

February 18-March 18

393210.31 W 4-5pm

February 21-March 21

393210.61 Sa 10-11am

## Age 12-15

February 20-March 20

393120.51 F 4-5pm

February 21-March 21

393120.61 Sa 11am-12pm

## Age 9-15

February 16-March 16

393220.11 M 5-6pm

February 17-March 17

393220.21 Tu 5-6pm

## Intermediate Age 9-15

Must pass tryout to register. Please call  
703-435-6800 x2114 to schedule a tryout.

All students who were enrolled in the  
indoor class (not outdoors) from last season  
or prior seasons may enroll without a tryout.  
5, 1 hour sessions TOH \$45/NR \$60

## Session I

January 10-February 7

393520.60 Sa 12-1pm

## Session II

February 21-March 21

393520.61 Sa 12-1pm

# INDOOR TENNIS



## Advanced Age 13-15

Must pass tryout to register. Please call  
**703-435-6800 x2114** to schedule a tryout.  
All students who were enrolled in the  
indoor class (not outdoors) from last season  
may enroll without a tryout.  
5, 1 hour sessions TOH \$45/NR \$60

### Session I

**January 10-February 7**  
393620.60 Sa 1-2pm

### Session II

**February 21-March 21**  
393620.61 Sa 1-2pm

## High School Advanced

For students already on or about to try out  
for their high school team. Must be  
comfortable in competitive tournament play.  
5, 1 hour sessions TOH \$45/NR \$60

### Session I

**January 5-February 2**  
393621.10 M 3-4pm

### Session II

**February 16-March 16**  
393621.11 M 1-2pm

## Adult

### Beginner Age 16 & up

All students must provide their own racquet  
and wear tennis shoes.  
5, 1 hour sessions TOH \$56/NR \$75

### Session I

**January 5-February 2**  
394030.40 M 9-10am

**January 10-February 7**  
394030.60 Sa 9-10am

### Session II

**February 21-March 21**  
394030.61 Sa 9-10am

### Advanced Beginner Age 16 & up

5, 1 hour sessions TOH \$56/NR \$75

### Session I

**January 9-February 6**  
394140.50 F 9-10am

**January 10-February 7**  
394140.60 Sa 10-11am

### Session II

**February 20-March 20**  
394140.51 F 9-10am

**February 21-March 21**  
394140.61 Sa 10-11am

### Intermediate Age 16 & up

Please do not enroll in an intermediate class  
without having completed four full sessions  
of the previous level or receiving an  
instructor's approval. 3.0-3.5. Forehand fairly  
consistent with direction and depth;  
backhand has direction and control; starting  
to serve with control and some power,  
developing spin; can lob consistently on  
moderate shots and can sustain a rally fairly  
consistently; has improved court coverage.

5, 1 hour sessions TOH \$56/NR \$75

### Session I

**January 10-February 7**  
394230.60 Sa 11am-12pm

### Session II

**February 21-March 21**  
394230.61 Sa 11am-12pm

### Advanced Age 16 & up

Please do not enroll in an Advanced class  
without having completed four full sessions  
of the previous level or receiving instructor's  
approval. 4.0. Can hit forehand and  
backhand consistently with depth and  
control; places both first and second serves  
often with power and spin; depth and  
control on forehand volleys and can direct  
backhand volleys; can put away overhands  
and follow aggressive shots to net; able to  
lob defensively on difficult shots.

5, 1 hour sessions TOH \$56/NR \$75

### Session I

**January 10-February 7**  
394330.60 Sa 12-1pm

### Session II

**February 21-March 21**  
394330.61 Sa 12-1pm

## NTRP Ratings

Classes are organized according to player ability.  
Player ability is categorized according to the  
National Tennis Rating Program.

### 1.0-1.5 Beginner

Just starting to play; limited experience and  
trying to keep the ball in play.

### 2.0-2.5 Advanced Beginner

Incomplete swing and serving motion;  
incomplete service motion and avoids  
backhand; can sustain a short rally of slow pace;  
inconsistent volleys; can lob intentionally, but  
with little control and can make contact on  
overheads.

### 3.0-3.5 Intermediate

Forehand fairly consistent with direction and  
depth; backhand has direction and control;  
consistent forehand volley and inconsistent  
backhand volley; starting to serve with control  
and some power, developing spin; can lob  
consistently on moderate shots and can sustain  
a rally fairly consistently; has improved court  
coverage.

### 4.0 Advanced

Can hit forehand and backhand consistently  
with depth and control; places both first and  
second serves often with power and spin; depth  
and control on forehand volleys and can direct  
backhand volleys; can put away overhands and  
follow aggressive shots to net; able to lob  
defensively on difficult shots.

## Holiday Singles Tournaments

Round Robin format followed by single  
elimination. Registration must be received  
five days prior to the start of the  
tournament.

**December 26-28** TOH \$50/NR \$50

### Boys Age 12-15

299250.41 F-Su 9am-2pm

### Girls Age 12-15

299250.44 F-Su 2-5pm

**December 29-31** TOH \$60/NR \$60

**December 29-31, 12-5pm;**

**Finals: January 3, 2015, 8am-2pm**

### Boys Age 15-18

(and currently in high school)

299250.42 M-W 12-5pm

### Girls Age 15-18

(and currently in high school)

299250.43 M-W 12-5pm

**New  
Ice Breaker 5K Race  
See page 25**



# INDOOR TENNIS/ SPORTS

## March Madness Advanced

Age 16 & up

Taught by Pro Rick Johnson.

5, 1 hour sessions TOH \$90/NR \$120

3.5 Level and above; intended for competitive players looking to advance both their shot selection and execution of shots.

**March 3-31**

394430.20 Tu 5-6pm

4.0 Level and above; intended for advanced players committed to bringing their game to the next level.

**March 6-April 3**

394430.50 F 5-6pm

## Women's Doubles 2.5-3.5 Age 16 & up

14, 2 hour sessions TOH \$190/NR \$238

**January 7-April 8**

290030.34 W 9-11am

## Senior Doubles Age 55 & up

5, 1.5 hour sessions TOH \$39/NR \$43

### Session I

**January 5-February 2**

395040.10 M 12-1:30pm

**January 8-February 5**

395040.40 Th 12pm-1:30pm

### Session II

**February 16-March 16**

395040.11 M 12-1:30pm

**February 19-March 19**

395040.41 Th 12-1:30pm

## Happy Feet Soccer Age 2-5

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

8, 30 minute sessions TOH \$48/NR \$64  
**January 3-February 21**

### Age 2-3

373000.52 Sa 9:20-9:50am

373000.53 Sa 9:55-10:25am

373000.54 Sa 10:30-11am

### Age 4-5

373000.55 Sa 11:10-11:40am

## Golf for Kids Age 4-11

Learn the basics: putting, chipping and driving with modified equipment designed for kids. The equipment's velcro construction allows for indoor play and immediate success for children of all ages.

8, 45 minute sessions TOH \$48/NR \$64

**January 4-February 22**

### Age 4-7

375010.10 Su 1:30-2:15pm

### Age 7-11

357010.11 Su 2:15-3pm

## Sports and Games Age 4-5

Fundamentals of team sports including soccer, basketball, hockey and volleyball are introduced in a safe, fun environment. Sportsmanship, teamwork, sharing and consideration for others will be stressed. Instruction provided by All Kids Sports & Games LLC.

8, 1 hour sessions TOH \$79/NR \$103

**January 15-March 5**

374000.20 Th 12-1pm

## Nova Legends Soccer Age 6-12

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors, and appropriate footwear is required.

8, 45 minute sessions TOH \$70/NR \$94

**January 3-February 21**

373110.50 Sa 11:45am-12:30pm

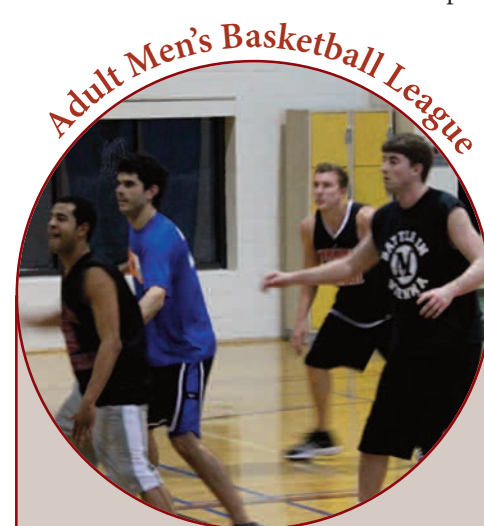
## Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 1 hour sessions TOH \$75/NR \$100

**January 9-March 6 (No class 2/27)**

376010.60 F 6:30-7:30pm



**Adult Men's Basketball League**  
Age 18 & up  
Join the Herndon Adult Basketball League. Games played on Sundays beginning the week of January 19th. Regular season consists of 8-10 games plus playoffs. Must be 18 years of age or older by the first game. Deposit of \$100 due by Friday, December 29th. Contact for team registration and payment is [thomas.schoenauer@herndon-va.gov](mailto:thomas.schoenauer@herndon-va.gov) or 703-435-6800 x2109.

TOH \$750/NR \$750

**January 18-May 17**

376030.40 Su 3-9pm



## Kiddie Play Zone

Age Walking & up

Bring your toddler and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym.

8, 1 hour sessions TOH \$40/NR \$40

**January 7-February 25**

369800.30 W 10:30-11:30am

# ARTS & CRAFTS



## Beginning & Intermediate

### Watercolor Age 16 & up

Jump in and express yourself through watercolor painting. You will learn traditional techniques including wet-into-wet, dry brush, lifting, glazing, color mixing and much more. There will be frequent demonstrations of painting techniques, color theory and composition. No Senior Discount.

8, 2 hour sessions TOH \$138/NR \$184  
**January 6-February 24**  
 310350.21 Tu 4-6pm

## Explorations in Watercolor

Age 16 & up

Explore the delights of working with the water media of your choice. Although most of the demonstrations will be in watercolor, you may choose to work in acrylics or mixed media. The lessons will emphasize composition and creating a dramatic space with paint. No Senior Discount.

8, 2 hour sessions TOH \$138/NR \$184  
**January 6-February 24**  
 310130.21 Tu 7-9pm

## Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

8, 2.5 hour sessions TOH \$141/NR \$188  
**January 5-February 23**  
 310150.11 M 6:30-9pm

## Kidz on Wheelz Age 10-13

Explore your creativity while learning hand-building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Fee includes all materials.

6, 1.5 hour sessions TOH \$90/NR \$120  
**January 7-February 11**  
 310110.31 W 6:30-8pm

## Art in Hand

Warm up with some cool art in this parent/child class designed for the youngest artist! Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction, inspired by the wintery world around us. A developmental approach will stimulate the senses, spark imagination, and support emerging language and social skills. You and your child can be creative, have fun and make the mess away from home!

8, 45 minute sessions TOH \$111/NR \$148  
**January 9-February 27 (No class 2/14)**

## Tots Age 1.5-3

310400.51 F 10:15-11am

## Preschoolers Age 2-6

310400.50 F 11:15am-12pm

## Handbuilding Pottery Workshop

Age 10 & up

Experience the satisfaction of designing and creating your very own set of dessert or salad plates all in one workshop without the use of the potter's wheel. Handbuilding technique demonstrations include slab construction, coil building, pinching and extrusion. You will learn how to craft the piece and use your imagination to make your item special and unique. Opportunity to participate individually or as parent/child together. All tools and materials are included.

1, 3 hour session  
 Individual \$75  
 Parent/Child \$120

**January 24**  
 310140.61 Sa 9am-12pm



**CELEBRATING  
MADE EASY**

## Birthday Parties!

Plan your child's next birthday celebration at the Herndon Community Center.

### Featuring:

- swimming, play zone or sports parties; private party room;
- options for drinks, balloons, cake, pizza and more.

Call or visit our webpage for more information on our party packages.





# SPECIAL EVENTS

## Ice Breaker 5K **NEW!**

Join us for the First Annual Ice Breaker Family Fun Run 5K. Let's put winter behind us and get active outside and prepare for the spring. The course will take you through a scenic section of Herndon around the Herndon Parkway and Sugarland Run Trail.

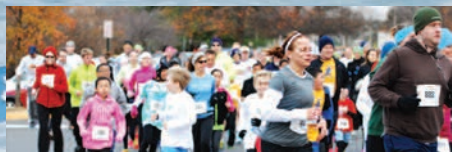
Sport Tek T-shirts guaranteed to the first 800 registered runners.

**Sunday, March 1, 2015**

Race starts at 8am; 357150.00

Pre-registration is \$20 per runner and \$25 on race day.

Register at [active.com](http://active.com) or [herndon-va.gov](http://herndon-va.gov) and click on parks and recreation.



## Holiday Homes Tour

One of Herndon's Best-Loved  
Holiday Traditions!

**Saturday, December 6**

Tickets available at the  
Herndon Community Center  
and Herndon Florist,  
716 Lynn St.  
\$15 up to Saturday,  
November 29  
\$20 Sunday, November 30  
through Saturday,  
December 6  
(Checks and Cash Only)



## Family Passport to Fun

Come experience activities that will let your child know that he or she is "Capable of Success, No Exception." Parents will be encouraged to become Treasure Hunters and seek the hidden talents, strengths, and abilities of their children and others around them. This event is designed for children to share the fun with a caring and significant adult in their life. All children attending must be accompanied by a caring adult. Bring a float and your bathing suit to play in the pool. Presented by Kids at Hope Herndon and Herndon Parks and Recreation Department.

1, 3 hour session \$2

**February 27**

360511.50

F

6-9pm

## A STORY BOOK HOLIDAY

**Saturday, December 13**

10am-12pm | \$14

250200.60

Age 3-8



Bring your child to enjoy holiday fun. Cost includes a visit with Santa, craft, brunch for one parent and child duo, and a reading of a holiday story by a special guest. Registration deadline is Friday, December 12 at 1pm.

## 36th Annual Holiday Arts and Craft Show

**Sunday, December 7, 2014 10am-4pm**

The Herndon Community Center  
will host more than 80 arts and crafts vendors  
offering unique gifts, holiday decorations,  
and handmade items.

**Free admission and parking**



# SPECIAL INTEREST



## Kid's Night Out Age 5-10

Take the night off while your child has some fun with their friends at our themed Kid's Night Out. Children will enjoy a pizza dinner, watch a movie, and participate in games and other activities all incorporating that night's theme! This is not a drop-in program. Participants must be registered by 4pm on the day of the event. Event held on Fridays, 6:30-10pm.

2, 3.5 hour sessions TOH \$18/NR \$18

## Happy Feet

January 16

360010.50

## Game Night

February 6

360010.51

## Teen's Night Out Age 11-14

Drop your teen off with us and we will take care of the rest on a fun trip with their friends to a local destination. Games and activities will be enjoyed by all before and during the trip. Boxed dinner is included in each trip. Program meets and departs from the Herndon Community Center.

1, 4 hour session TOH \$40/NR \$40

## Rebounderz

February 20

360012.50

## Digital Photography Age 16 & up

You will be shown what all the dials, buttons, switches and menu items on your digital camera do for you. Learn how to optimize your photographs, and archive them for storage and display. Also learn how to integrate your photos into email, web pages and digital files.

8, 1.5 hour sessions TOH \$71/NR \$94

January 8-February 26

360130.31 Th 7-8:30pm

## CPR & First Aid Age 14 & up

American Heart Association CPR/AED and First Aid certification. Class includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for two years.

1, 6 hour session TOH \$95/NR \$95

January 25

360151.71 Su 12-6pm

February 22

360151.72 Su 12-6pm

## Minecraft Programming

### Jr. Minecraft Age 6-9

Looking for a fun way to introduce your child to programming? Why not do it using a game they love! Using a custom mod called "Computercraft," they will learn how to program robots called "Turtles" inside the world of Minecraft. They will utilize problem-solving skills by learning how to program their turtles to complete various tasks and objectives, to automatically mine, and craft items and structures. They will be introduced to programming if-then-else statements, for-while loops, and implement their own functions using Lua, a simple scripting language. Basic reading skills required. Experience playing Minecraft preferred, but not required.

8, 1 hour sessions TOH \$178/NR \$238

January 10-February 28

362010.60 Sa 9-10am

### Minecraft Modding Age 9-14

Learn how to create and texture your own blocks and items using the popular game Minecraft. You will be introduced to very simple Java code, and learn how to create custom classes, manipulate code, and determine how each of your own items appear and behave. Create unique texture packs to use and modify at home. Improve your gameplay experience and create your own custom mods today!

8, 1 hour sessions TOH \$178/NR \$238

January 10-February 28

362010.61 Sa 10:15-11:15am

## Jr. Video Game Design Age 6-9

Specifically designed for young children to cultivate their interest to become game designers, multimedia artists, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting edge computer skills through the fun art of 3-D game design using award-winning Platinum Arts Sandbox.

8, 1 hour sessions TOH \$178/NR \$238

January 8-February 26

360410.40 Th 6:15-7:15pm

## 3-D Game Design Age 9-14

Immerse yourself in the exciting world of 3-D game design! Create 3-D games like action or adventure or invent a new one. Design your own characters, backgrounds and sounds. Discover 3-D game development concepts like game planning, path-based movement, collision detection, level design, dialogue, inventory and playability.

8, 1 hour sessions TOH \$178/NR \$238

January 8-February 26

360410.41 Th 7:30-8:30pm



## December Camps



**Winter Break Minecraft Programming**



**Story Book Dance Camp  
Princess in a Frozen Wonderland**



**Preschool Gymnastics Camp**

See page 28



# SPECIAL INTEREST

## Environmental Film Series

All Ages

The FREE film series is a cooperative program with the Herndon Environmental Network and Herndon Parks and Recreation Department. Registration highly encouraged, as space is limited.

### Bag It

This 2010 American documentary film explores the effects plastics have on land ecosystems, the marine environment and the human body. 78 minutes.

**January 25**  
367050 Su 2-5pm

### Green Fire

This first full-length documentary by conservationist Aldo Leopold highlights his extraordinary career on how he shaped and influenced the modern environmental movement, and reveals how his ideas resonate today with people across the entire American landscape, from inner cities to the remotest wild lands. This screening is being held in cooperation with the Northern Virginia Conservation Trust (NVCT).

**February 8**  
367050.01 Su 2-5pm

**Kiddie Play Zone** Age Walking & up  
Bring your toddler and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym.

8, 1 hour sessions TOH \$40/NR \$40  
**January 7-February 25**  
369800.30 W 10:30-11:30am

**Hoop Dance** Age 13 & up  
Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour and provides a great full-body workout while encouraging creative movement and expression. Provide your own adult-sized hoop or borrow/purchase one from the instructor.

8, 1 hour sessions TOH \$52/NR \$67  
**January 4-February 22**  
369930.70 Su 11am-12pm  
**January 8-February 26**  
369930.40 Th 6:45-7:45pm

**School's Out!** Age 6-11

Excitement and adventure await! Sign-up today for either a single or two-day camp. Campers will have the opportunity to participate in large group games, swimming, cooperative games, and arts & crafts! Bring your swimsuit, towel, packed lunch and snack, drink and sneakers. Sign up for both Friday and Monday to receive \$10 off! Please no peanut/nut products. 7am-6pm.

1, 11 hour session TOH \$35/NR \$35  
**January 30**  
380000.11 F  
**February 2**  
380000.12 M

## December Camps

**Winter Break Minecraft Programming**

**Story Book Dance Camp**  
*Princess in a Frozen Wonderland*

**Preschool Gymnastics Camp**  
[See page 28](#)

Kimmie Alcorn joins the Town of Herndon Parks and Recreation Department as the new Recreation Services Supervisor, overseeing preschool, arts and crafts, special interest, and camps programs. Prior to Herndon, Kimmie worked for City of Gaithersburg for 13 years as Community Facility Director of the Olde Towne Youth Center, which supported daily youth and teen programs. Kimmie grew up in Reston and Vienna, playing soccer and running track at every opportunity.

All her hard work and training cumulated to earn her six varsity letters in two sports at Virginia Tech. She continues to play soccer and shares her passion for soccer by training youth soccer teams across the region. She has two standard poodles named Copa and Samoa (yes, named after the Adidas shoe lines). These rescue dogs have settled into a comfortable life as oversized lap dogs.

Kimmie looks forward to bringing new programs, camps, and energy to the Town of Herndon.



**Camps Galore!** Herndon Parks and Recreation Dept. has spring break and summer camps to excite, educate, and entertain your children. Spring Break camp information will be available in our Spring Program and Events Guide available January 30. The Summer Camp Brochure will be available February 24.



# SPECIAL INTEREST



## December Camps

### Preschool Gymnastics Camp

Age 3-5

This innovative movement program for children combines fitness, elementary gymnastics, games and arts and crafts. The program develops your child's large motor coordination skills, strength, flexibility and imagination. Plus they will have a great time! Children should be ready for group instruction.

4, 3 hour sessions TOH \$54/NR \$72

**December 15-19**

(No class 12/18)

270910.13 M, T, W, F 9am-12pm

### Story Book Dance Camp

#### Princess in a Frozen Wonderland

Age 3-6

This two-week winter camp will mirror our popular summer camps. It will provide technique training and fun projects through the beloved tales of *The Nutcracker*, *Cinderella*, *Sleeping Beauty*, *Snow White*, *Frozen* and many others. Children will enjoy an integrated arts experience through story, film, crafts and dance—all themed for the season! A costumed performance party will be held for family and friends the last day of class with a choreographed dance to *Let It Go!*

10, 5 hour sessions TOH \$225/NR \$300

**December 8-19**

280000.11 M-F 9am-2pm

### Winter Break Minecraft Programming

5, 3 hour sessions TOH \$275/NR \$364  
**December 22, 23, 29, 30, 31**

#### Jr. Minecraft

Age 6-9

Looking for a fun way to introduce your child to programming? Using a custom mod called "Computercraft," they will learn how to program robots called "Turtles" inside the world of Minecraft. They will utilize problem-solving skills by learning how to program their turtles to complete various tasks and objectives, to automatically dance, mine, and craft items and structures.

264050.10 9am-12pm

#### Minecraft Modding

Age 9-13

Learn how to create and texture your own blocks and items using the popular game Minecraft. You will be introduced to very simple Java code, and learn how to create custom classes, manipulate code, and determine how each of your own items appear and behave.

264050.11 1-4pm

### Gymnastic Winter Break Camp

Age 6-14

Sprinkle gymnastics into your winter break by participating in floor exercises, balance beam, vault, cheerleading, swimming (optional), and active games. Bring a lunch, snack, tennis shoes, swimsuit and towel. Focus will be on gymnastics and cheer but we will play a variety of games and activities each day.

Receive \$5 off for any additional days for a total savings of \$20.

1, 6 hour session

TOH \$27/NR \$36

**December 22** 270920.10 **December 23** 270920.20

**December 26** 270920.50 **December 29** 270920.11

**December 30** 270920.21

## CORPORATE MEMBERSHIPS

Businesses can supplement their benefits through our corporate membership program that will keep employees healthy and productivity high! Here are a few of the admission options available:

1. We track the number of employee visits per month, and you pay for those visits at the end of the month. You'll receive a discount depending on the number of visits per month.
2. You pay an annual fee based on the size of the company and a monthly fee per participating employee. Or the organization may pay the annual fee and employees can then pay their own monthly fees.
3. You buy one-day admissions or a variety of multiple-day passes to give to employees as incentives or rewards for a job well done.

Contact Ron Tillman, Community Center Manager at 703-435-6800 x2116 for more details.



# PARKS

## Herndon Parks

Visit [herndon-va.gov](http://herndon-va.gov) for a map of parks.

### Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

### Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, softball and 60/70' baseball field (both lighted), outdoor basketball, six lighted tennis courts, indoor tennis courts Sept.-April, soccer field and a new play apparatus. Sports fields are available for scheduled leagues. Shelter is available for reservations.

### Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a large play area, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

### Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a baseball field and a fenced dog park.

### Cuttermill Park

A 6-acre neighborhood park located between the Cuttermill and Westfield subdivisions. The park includes a baseball/T-ball field, walking areas, and a multipurpose court for volleyball and basketball. A mini basketball court to accommodate younger children is available, as well as playground equipment for ages 5-12, and a tot lot.

## Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball court, and a play area.

### Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a children's play area, park benches and an open play space.

### Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters (can be reserved) and a paved handicapped-accessible trail. Remember all pets must remain on the leash, and please pick up after your pet!

You can schedule activities in Runnymede Park for:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled by calling 703-435-6800 x2134 or the Town Community Forester at 703-435-6800 x2014.

Do you have questions or concerns regarding Trees? The Town Forester is available to answer your questions. Call 703-435-6800 x2014.

## Spring Street Park

Corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

### Stanton Park

Located on Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities at the park include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

### Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a play apparatus, a sand volleyball court, bocce court, and an open play area. Shelter is available for reservations.

## Picnic Shelter Rental Fees

Reserve a picnic shelter to host your next special event or family gathering online at [www.herndon-va.gov](http://www.herndon-va.gov) or by calling 703-787-7300 for more information.

### Trailside/Runnymede Park

**parties up to 70:**

**Town of Herndon Resident: \$50**

**Non-Resident: \$75**

\$20 nonrefundable deposit

### Bready Park

**parties up to 140:**

**Town of Herndon Resident: \$100**

**Non-Resident: \$150**

\$35 nonrefundable deposit

- Shelters are rented in four-hour intervals.
- There are no alcoholic beverages allowed in parks.
- Be sure to clean and properly recycle all trash.

The cost of electricity is an additional \$10 per rental. (Runnymede does not have electricity.)



## Mission Statement

"Promoting a sense of community and enriching the quality of life." The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.

## Refund Policy for Classes & Programs

| Time Frame  | Refund                   | Credit on Account                 |
|---|--------------------------|-----------------------------------|
| 5+ days before class/program starts   | Less 15% service charge  | Full                              |
| 4 days before class/program starts until beginning of class   | No*                      | Full with service charge less 15% |
| After class/program starts up to halfway point of class/program   | No*                      | Prorated, less service charge     |
| After halfway point of class/program  | No*                      | Prorated, less service charge     |
| * Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles   | Prorated, no service fee | Prorated, no service charge       |
| <ol style="list-style-type: none"> <li>1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.</li> <li>2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.</li> <li>3. All refunds are made by credit card or Town check depending on initial method of payment.</li> <li>4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.</li> <li>5. No refunds or credit on account are given to those who have insufficient fund balances.</li> <li>6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.</li> <li>7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.</li> </ol> |                          |                                   |

## Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the mid-point of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

## Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

## What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

## How do I know if I live in the town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: [herndon-va.gov](http://herndon-va.gov), and click on Parks and Recreation on the left side of the page, click on About Parks and Recreation, then click on Frequently Asked Questions.

## Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on December 9.

## Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

## How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our five convenient registration methods will begin for TOH residents at 10am on Wednesday, December 3. Open registration for Non-TOH residents will begin at 10am on Tuesday, December 9.

## Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

## Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

## Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

## Registration Options

Open registration dates apply to ALL registration options—10am on December 3 for TOH residents, and 10am on December 9 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

- 1. ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at [www.herndon-va.gov](http://www.herndon-va.gov). Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NO** is not available online. Acceptance of our liability waiver will be required prior to registration.
- 2. IN-PERSON** registration beginning 10am, December 3 for TOH residents; and 10am, December 9 for nonresidents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
- 3. MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
- 4. FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: **703-318-8652**. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
- 5. DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.

*NOTICE: In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.*



Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second and third choices.

TOH = people who live in the Town of Herndon limits  
NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund (NOL). All scholarship funds are used to enable those who are unable to participate in programs or camps.

## Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, December 3 at 10am.**  
Registration for Non-Town of Herndon Residents begins on **Tuesday, December 9 at 10am.**

**PHONE: 703-787-7300**  
**FAX: 703-318-8652**

## Winter 2014-15 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ EMAIL \_\_\_\_\_

PHONE: HOME \_\_\_\_\_ CELL \_\_\_\_\_ WORK \_\_\_\_\_

| Participant Name   | Birthdate | Gender (circle) | 1st Choice Class Code | Class Title | Fee  | 2nd Choice Class Code | 3rd Choice Class Code |
|--------------------|-----------|-----------------|-----------------------|-------------|------|-----------------------|-----------------------|
| Jane Doe (example) | 7/1/99    | M/F             | 000000.00             | Level 4     | \$68 | 000000.00             | 000000.00             |
|                    | / /       | M/F             |                       |             |      |                       |                       |
|                    | / /       | M/F             |                       |             |      |                       |                       |
|                    | / /       | M/F             |                       |             |      |                       |                       |
|                    | / /       | M/F             |                       |             |      |                       |                       |
|                    | / /       | M/F             |                       |             |      |                       |                       |
|                    | / /       | M/F             |                       |             |      |                       |                       |

Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee



MAIL TO:  
Herndon Parks and Recreation  
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: \_\_\_\_\_

OFFICE USE – Processed by: \_\_\_\_\_

Payment Method C CK CC LC

AP# \_\_\_\_\_ Date Paid \_\_\_\_\_

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:  
☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # \_\_\_\_\_ EXP DATE \_\_\_\_\_

PRINT NAME OF CARD HOLDER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN \_\_\_\_\_

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN \_\_\_\_\_



**Town of Herndon  
Parks and Recreation**  
P.O. Box 427  
Herndon, VA 20172  
[www.herndon-va.gov](http://www.herndon-va.gov)

PRST STD  
US Postage  
**PAID**  
Herndon, VA  
Permit No. 280



*A Nationally Accredited Agency Since 2006*

**ECRWSS  
Residential Customer**

## Father Daughter Dance

Age 3-12

A moment fathers will treasure for the rest of their lives, and a very special night for daughters, as they dance to popular music with their fathers and friends. This semi-formal event, held at the Herndon Community Center, will include an evening of dancing, appetizers, beverages, a photo of the couple and a keepsake.

Daughters may be accompanied by an uncle, grandfather or a male guardian.

**Saturday February 7 6:30-9pm**

350000.00

\$50 per couple

\$25 each additional daughter

## Children's Performing Arts

These performances are held at the Herndon Community Center. Plan ahead and bring your younger school-age children, as these dates are on Mondays when Fairfax County schools are not in session.  
1, 45 minute session TOH \$5/NR \$5

### Rocknoceros

Herndon's favorite kid-friendly power trio join Coach Cotton, Williebob and Boogie Woogie Bennie, who make wildly popular award-winning music for the whole family. Rocknoceros has dominated the DC children's music scene since 2005 and gained significant national recognition as well. Their single "Pink!" reached #1 on Sirius/XM Kids Place Live "13 under 13" countdown.

**Monday, January 19**

348000.11 10:30-11:15am

### Penguin's Playground

Join puppeteer Bob Brown for an awesome arctic adventure exploring a super-secret playground, hidden at the bottom of the world! Meet some very talented penguins, who will have a rollicking good time putting on a show for you.

**Monday, February 16**

348000.12 10:30-11:15am

